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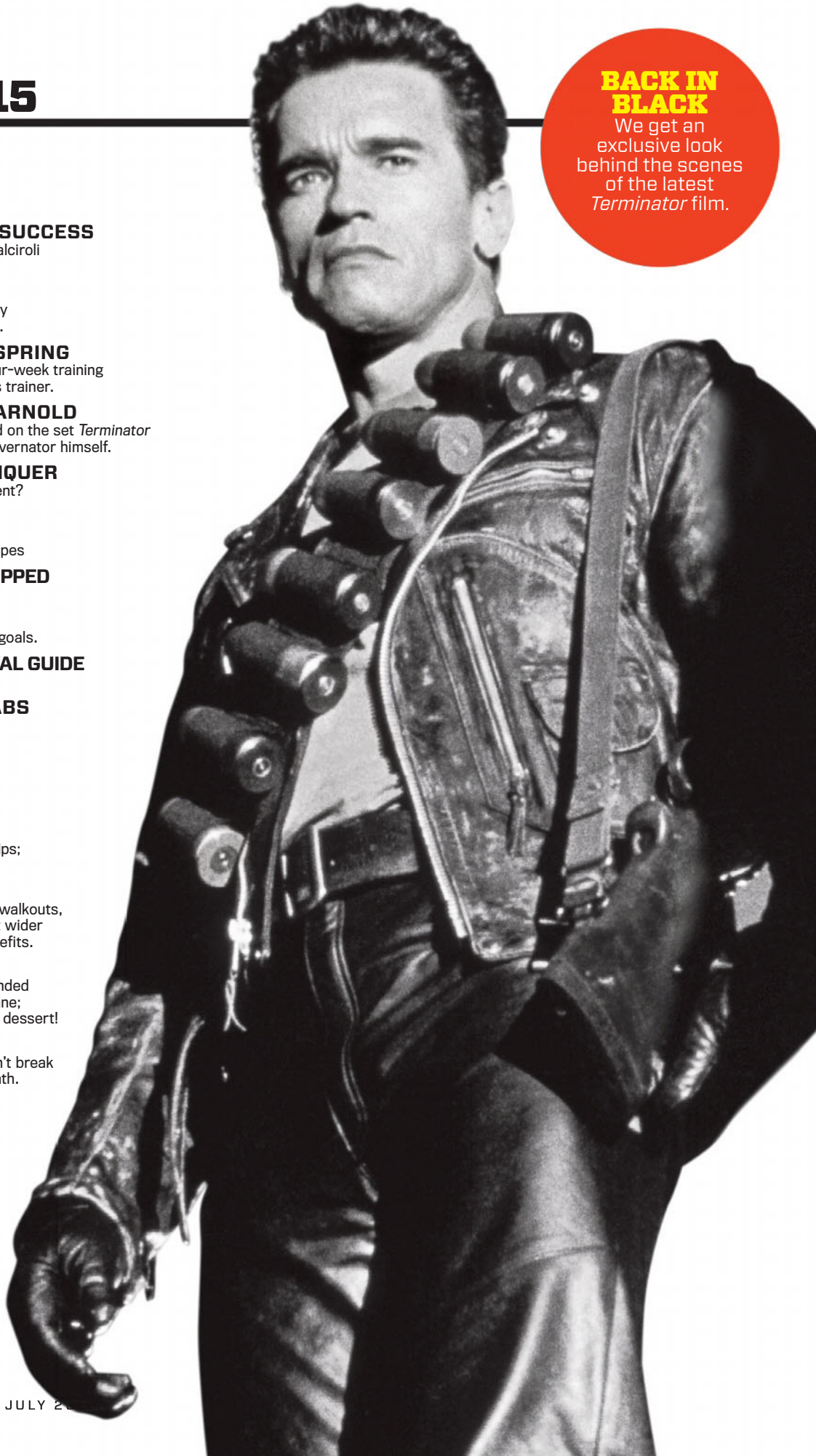
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Arnold Schwarzenegger
Photos by Marco Grob

BACK IN BLACK
We get an exclusive look behind the scenes of the latest *Terminator* film.




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LASER FOCUS Arnold never took his eyes off of what he wanted, no matter how many people doubted him.

The master plan

Short-term goals lead to long-term success and happiness.

Q: Aside from hard work and visualisation, what does it really take to succeed?
– CURTIS AULETTA

A: YOU NEED TO develop a master plan. I didn't start out in my teens telling myself I was going to star in the *Terminator* movies. But I did know that I wanted to be a movie star, a businessman and a political leader. Of course, with my humble background, people thought that was nuts.

So I asked myself, "What's one thing I can do now that I'm good at that can serve those goals?" No matter how indirectly. The answer seemed even stranger than my goals: bodybuilding. Still, I reasoned that having muscles would give me confidence, get me noticed and pave the way for me to come to America, where I could make it all come true.

Once I'd made it in bodybuilding, breaking into movies playing heroic roles became easier. I was also right in thinking that after playing a hero on-screen for so long and building a following, I had the power to help people on a grand scale in real life, getting elected as governor.

This July, *Terminator Genisys* comes out, proving that my plan is still working. So remember this: you don't have to know exactly how you'll get what you want in life, but you do need to ask yourself what you can do today that can help you take the next step tomorrow and beyond.

Yours in iron,



Arnold Schwarzenegger

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HOT LIST

WHAT YOU NEED TO KNOW THIS MONTH



READ

BORN TO FIGHT

A raw, confronting and honest autobiography of Kiwi UFC fighter Mark Hunt. Follow his life story, from his harrowing childhood and troubled youth to his ultimate worldwide success in combat sports, Hunt shows us that it truly is possible to defy the odds and achieve greatness. ***hachette.com.au***



PLAY

ARKHAM KNIGHT

The fourth title in the *Arkham* series, *Arkham Knight* isn't just more of the same. The scale is five times bigger than *Arkham City,* and it's the first title produced exclusively for the next-gen systems, running at a smooth 1080p on the PS4. **Releases June 23.**

WATCH

JURASSIC WORLD

The new movie starring Chris Pratt brings us to a dino theme park that, unlike its predecessor, is actually safe. But with attendance declining, a new monster is unleashed to reignite interest. Guess how that'll work out? **Releases June 12.**



TRAIN

WARM UP

A recent study in the *Journal of Strength and Conditioning Research* found that warming up the legs for a vertical jump with elastic bands was just as effective for jump power as warming up with barbell squats. Traditional, static stretches were the least effective warmup technique of all those tested.

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EDGE

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A little bit of hope

Fitness coach HOPE BEEL tells us her favourite workout is glute day. We've got visual evidence (and a lot more) on the next page.

BY PAMELA NULLET

FIND HOPE ON Instagram @**hopebeel** and Twitter @**getfitwithhope.** Her website is ***hopebeel.com.***

HOPE BEEL...

... was born in Texas, USA.

... ran hurdles in high school.

... had her likeness painted on the side of a B-17 bomber.

... recently flew in a P-51 Mustang WWII fighter plane.

... grew up with fast cars and dirt-track racing.

... works out with Bruiser, her French bulldog.

... teaches a bikini boot camp.

... enjoys anyplace warm – Cancún is her go-to destination.

... holds a degree in fashion merchandising.

... feels sexiest in a T-shirt, underwear, and no make-up.

... can't go a weekend without a cheese-burger and fries.

... thrives on helping her clients work hard, achieve their fitness goals and find their "why."

... finds it creepy when guys just stand and stare at her while she's training.

... says "Killin' it" (a lot).

...receives fan requests for her used socks and underwear.



PREVIOUS PAGE AND THIS PAGE: LHGFX PHOTOGRAPHY



The tall guy

This champion CrossFitter towers over the competition BY ALISON TURNER

ALEX "BIG AL" RANIERI, possibly the world's biggest CrossFitter, recently competed at his third CrossFit Regionals, held in Wollongong, NSW, in May this year. He finished 29th overall in the entire Pacific Region, which consists of Australia, New Zealand and all of Asia.

"My best result was the first event, a tribute "Hero" WOD [Workout of the Day] to remember those who have fallen in the line of duty," he says. "It was "Randy" which was 75 snatches at 35kg. I did everything unbroken and won that event across the entire region with a time of 2:37. It felt pretty awesome to win. It's something that can never be taken away from me, in a field of incredibly talented athletes with a workout that's short and sharp and not really designed for tall guys!"

Standing at 193cm and weighing 112kg, Alex's size often leaves him at a disadvantage, particularly in bodyweight exercises. "There's a sweet spot of around 175cm and 88 kilos, where athletes are still strong and powerful yet bodyweight moves remain easy for them," he says.

TRAINING

Alex trains four to five days a week. "I've trained for about 16 years now and done all types of programs so when programming I look to cover my staple lifts like pushing, pulling squatting and lifting, and compliment that with cardio like rowing, running, skipping and bike riding. I like to focus more time on gymnastics and bodyweight movements as they're the hardest for me during comps, being heavy and tall. So a general session may be something like snatches as a technical lift, overhead squats for strength and using a timer running through some pull-ups, handstands, push-ups and handstand walking with 5 x 400m rows to finish."

DIET AND SUPPS

"I try and eat a good breakfast of fats, protein and carbs, so something like bacon eggs and sweet potato." Alex says." VitaminKing have sponsored me for a few years now and their great support team looks after my supps. Before events I'll have some Vitargo, beta alanine and PSE Cell Charge to keep my carbs and minerals topped up. Post workouts or in between I'll sip on some BCAAs and eat food. Fit and Fresh Australia (fitandfreshaustralia.com.au) have been awesome for me in prepping all my food, day in day out, for training and competition."

THE FUTURE

Alex plans to slow down and enjoy some rest, recovery... and doughnuts!

"I'll be letting my hair down for a couple of weeks and then slowly move back into training," he says. "I love how you can do something to the human body and it will respond in a certain way. So for me personally being such a big power athlete I'd like to start from scratch and rebuild my base over the next six to nine months. All strict, slow and controlled."

Alex plans to work with pros to get his body moving better, so he can potentially improve even more for the CrossFit Games in 2016.

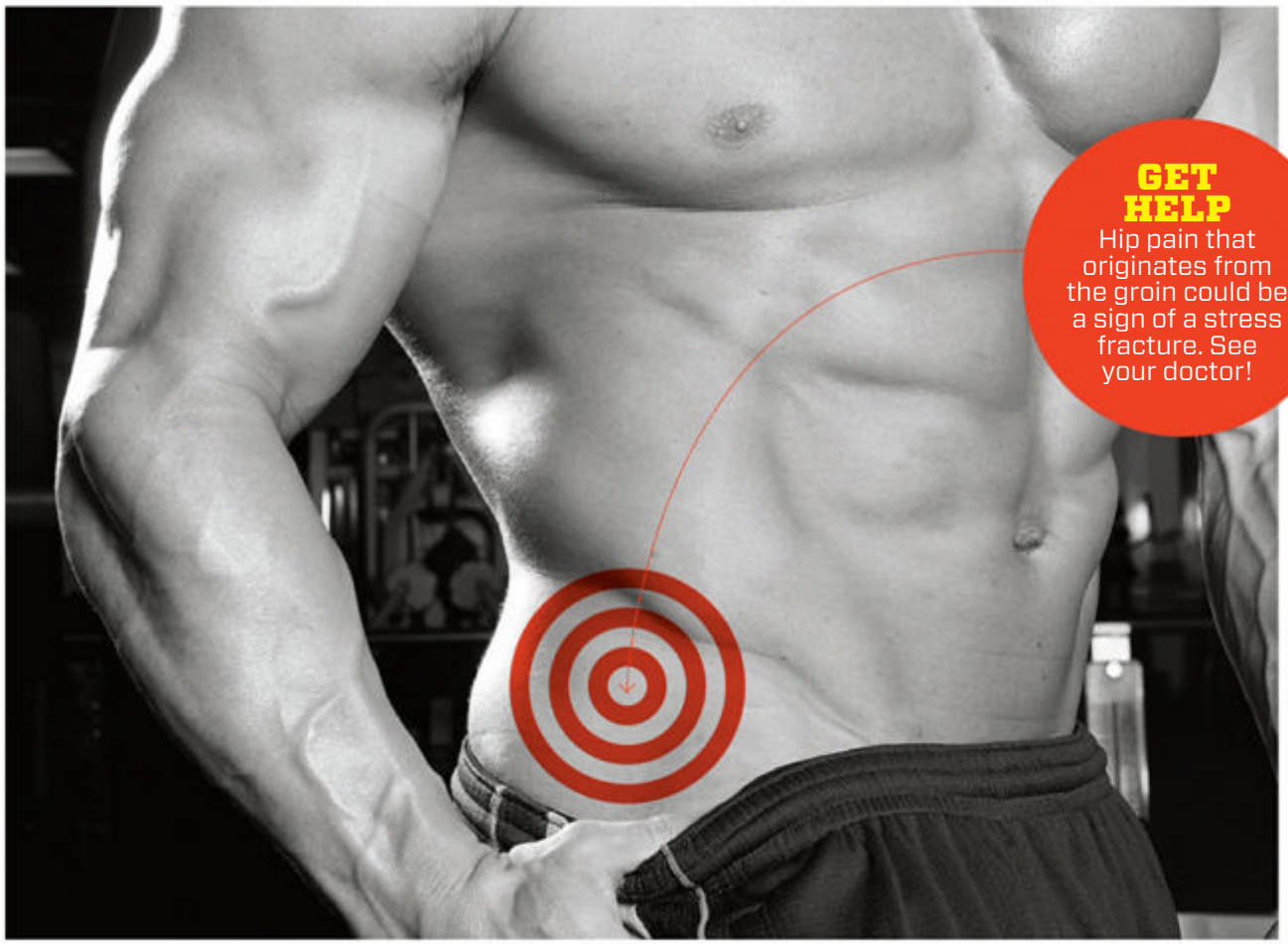
"While I've made Regionals three years in a row, I still feel there's more potential for me to have a stronger, fitter, more balanced body. It's about training hard, sure, but training smarter is where the progress will come."

ALEX RANIERI'S FAVOURITE WOD

5 rounds for time

EXERCISE	REPS	WEIGHT
Row	-	250m
Handstand walk	-	10m
Hang clean and jerk	8	80kg
Ring muscle ups	8	

ABOUT THE DOCTOR
Dr Victor Prisk is an orthopaedic surgeon, former gymnast and GNC medical advisory board member.



GET HELP
Hip pain that originates from the groin could be a sign of a stress fracture. See your doctor!

Heal your hips

Hip pain can be debilitating to your workouts – identify the kind you suffer from and fix it

BY DR VICTOR PRISK

DIAGNOSING HIP PAIN begins with determining its origin. Patients tend to say they have pain originating from either the groin, the buttocks or the side of the hip.

Pain in the groin is the most ominous; when it's associated with hip motion and weight-bearing activities, it often points to a problem in the joint itself or a stress fracture. Patients may refer to pain in the buttock region as "hip" pain. Very often, though, the source of this pain is the lower back. Impingement of nerves in the lumbar spine can cause referred pain in the buttock. Pain on the side of the hip, however, is very common in runners and those doing a lot of side-kicking movement, and inflammation of the hip abductors could be to blame. In any of these cases, see a physiotherapist. Simple anti-inflammatories may do the trick.

On your own, you can get some relief by massaging and stretching. Start by using a foam roller on your quads, anterior hip and glutes. Then, lying on your back, put your leg in a figure four with the ankle over the opposite knee and use your knee to lift your ankle towards your chest. (This stretches the piriformis muscle in the hip.) Next, lunge forward with your hips square and your back knee on the floor. Open up the hip of the back leg to stretch your hip flexor. Finally, stand, cross your legs with knees straight and push the hip of your back leg out while lightly bending the front knee to stretch the IT band.



High intensity hype?

Going heavy all the time isn't best for sustained muscle growth

BY BRYAN HAYCOCK

HYPOTHESIS

It is generally accepted that the "intensity" in high-intensity resistance exercise is the key to muscle growth. Intensity is generally described as what percentage of one's one-rep max (1RM) one trains with on each exercise. All things being equal, the higher the intensity the more effective your workout will be.

RESEARCH

University of South Alabama and Baylor University researchers in the US randomly selected trained male subjects to train with high intensity or low intensity while keeping the total volume (sets x reps x weight) the same for both protocols to determine which training method would result in a different outcome when it came to the expression of gene (myosin heavy-chain mRNA) coding for contractile proteins. The high-intensity group did five sets of six reps at 80 per cent of 1RM. The low-intensity group did three sets of 16 reps at 50 per cent of 1RM. Muscle biopsies were performed immediately before training, and 45 minutes, three hours, 24 hours and 48 hours post-exercise.

FINDINGS

Both groups grew significantly during the first six weeks of using the higher-rep/short-rest style of training. After the switch to a more traditional style of strength training using 90 per cent 1RM, only the combi group continued to grow for four more weeks.

CONCLUSION

In trained subjects, if volume is kept equal, training with high intensity (80 per cent 1RM) does not lead to more expression of mRNA for contractile proteins than training with low intensity (50 per cent 1RM). Both high intensity and low-intensity training protocols are equally effective.

APPLICATION

In your own training, the trick is to get the most out of the weight you're using. When you go light, feel the muscle, squeeze the muscle; make each set count. When the weight is heavy, dig deep and drive through every rep; feel the strain in every muscle fibre.



Gear up

Our pick of the latest and greatest equipment for fit blokes

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4

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TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

Flip out

Some of the world's best cardio equipment is sitting in your local junkyard BY ROB ORLANDO

LESS THAN A DECADE AGO, you weren't likely to see anyone flipping a tyre outside of a World's Strongest Man contest. Today it seems like every gym has a few tyres out back – and that's a good thing. Flipping tyres is a cheap, scalable way to build strength and increase aerobic capacity. Best of all, you can learn the move quickly. There is no "one size fits all" approach, but follow the points below and you'll be equipped with a technique that will serve you well for small tyres and monster-truck tyres alike.



QUICK TIP
You'll want to drive through with your dominant (kicking) leg, but alternate legs for balanced development

TYRE-FLIP TECHNIQUE

1. Place your feet slightly wider than your hips, about 30cm back from the tyre.
2. Squat down and press your chest and shoulders hard into the sidewall of the tyre.
3. With a slight bend in your elbows, slide your fingers under to grab the bottom of the tyre.
4. Extend your hips and keep your elbows fixed. Keep your shoulders pressed into the tyre.
5. As your hips extend, shuffle one foot forward. This loads the opposite hip for a kick.
6. Violently kick your knee through the tyre to complete the flip.

CHALLENGE WORKOUT

10 rounds for time:

EXERCISE	REPS	WEIGHT
Bench press	3	60% of your 1RM
◀ Tyre flip	3	3 × your body weight

MICHAEL QUIET



QUICK TIP
You can use the trap bar for deadlifts, shrugs, bentover rows and farmer's walks

Trap gains

Traditional Romanian deadlifts with a straight bar keep the load in front of your body, which can stress your lower back. Using a trap bar hits your glutes and hamstrings harder while saving your back.

BY BEN BRUNO

HOW TO DO IT
TRAP-BAR DEADLIFT

The trap bar allows more range of motion at the hips – but you can go heavier than with dumbbells

1 **GRAB THE HANDLES** of a loaded trap bar and stand up straight.

2 **BEND YOUR HIPS** to lower your torso. Bend your knees slightly and keep your lower back arched. Stop when you feel a stretch in your hamstrings. Then return to the start.

GROOMING BY NADIA RAMNATH

IAN SPANIER



Hold steady

You've done the 45-degree back extension. Crank the angle up to 90 to test your core strength and work your lower back harder.

BY SEAN HYSON

HOW TO DO IT
90-DEGREE EXTENSION

Ninety-degree back extensions done for reps are a challenging exercise for all your squatting and deadlifting muscles. Holding them for time, however, is a great measure of core strength endurance. If you can't make it at least 60 seconds, practise back-extension holds first thing in your workouts until you can. You'll reduce your risk for back pain and see stronger, sharper abs.

1 CLIMB ONTO a glute-ham bench and secure your feet. Make sure the pad is about midway down your thighs so that you have room to move at the hips.

2 SQUEEZE YOUR GLUTES and extend your hips to raise your body until it's parallel to the floor. Hold as long as you can. Don't arch your back or look up.

IAN SPANIER



Walk hard

Hand walkouts put a unique twist on the traditional plank and form the backbone of this metabolism-igniting workout you can do anywhere

WHAT IT IS

A 20-minute total-body workout by US-based celebrity trainer Andy McDermott. You complete four exercises as a circuit non-stop for 20 minutes: hand walkouts, pull-ups, walking lunges and a stair run. If you start to fail at pull-ups as the rounds go on, you can substitute with band-assisted pull-ups or lat pulldowns. Stair running can be substituted with an incline treadmill run.

WHY IT WORKS

"This workout uses one upper-body exercise, one lower-body exercise, and is bookended by a total-body move and cardio," McDermott says. "You're demanding that all of your body's energy and muscular systems work together." If you hit a wall, McDermott says to get a quick drink, take a few deep breaths and soldier on. In reality, 20 minutes isn't a long time to do anything.

THE WORKOUT

Set a timer for 20 minutes. Perform the following exercises as a circuit, taking as little time as possible between sets.

EXERCISE	REPS
▲ Hand walkout	2
Pull-up	10
Walking lunge	20
Stair run	60 sec

DIRECTIONS FOR HAND WALKOUTS

1. Reach down, touch the floor, then walk your hands out until you are in a plank position.
2. With arms outstretched, hold end position for five seconds before returning to the start.

IAN SPANIER


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#COMPETE HARDER

Use your genes

Work with your body, not against it, to achieve your goals

BY ADAM BORNSTEIN

GOOD TRAINING plans always have presses, squats, deadlifts, rows and pull-ups. But choosing the best variants of these lifts depends on who you are and how your body is suited to them. In other words, the best bench press for you may not be a conventional bench at all. Let your genetics determine your lifts for faster gains and fewer injuries. See our advice, starting with the squat below, and the other lifts at the bottom right.



CHOOSE YOUR WEAPON
SAFE, STRONG LEG TRAINING

1 BARBELL BACK SQUAT

- **YOUR BODY TYPE:** tall.
- **THE FIX:** the king of exercises is also the king of lower-back pain for tall guys. But performing basically the same movement pattern without loading the spine directly will yield the same tree-trunk thighs without pain. Try this:

2 BULGARIAN SPLIT SQUAT

Studies have shown that split squats offer greater range of motion than conventional squats and greater activation of the rectus femoris.

DUMBBELL STEP-UP

Step-ups work the quads and your balance, making them a great core exercise that doesn't require much weight for good results.

RETHINK THE CLASSIC LIFTS

BARBELL BENCH PRESS

- **YOUR BODY TYPE:** long arms, fragile shoulders.
- **THE FIX:** long-limbed and lean guys have poor leverage for benching. Substitute floor presses which minimise the distance the bar travels. **Neutral-grip incline dumbbell presses** and **push-ups** are other good options.

DEADLIFT

- **YOUR BODY TYPE:** short arms, poor ankle and hamstring flexibility.
- **THE FIX:** a combination of short arms, long legs and/or poor flexibility can cause you to round your lower back. To keep your spine safe, **pull sumo** (feet out wide) or place the bar on a rack 20cm from the floor.

ROWS AND PULL-UPS

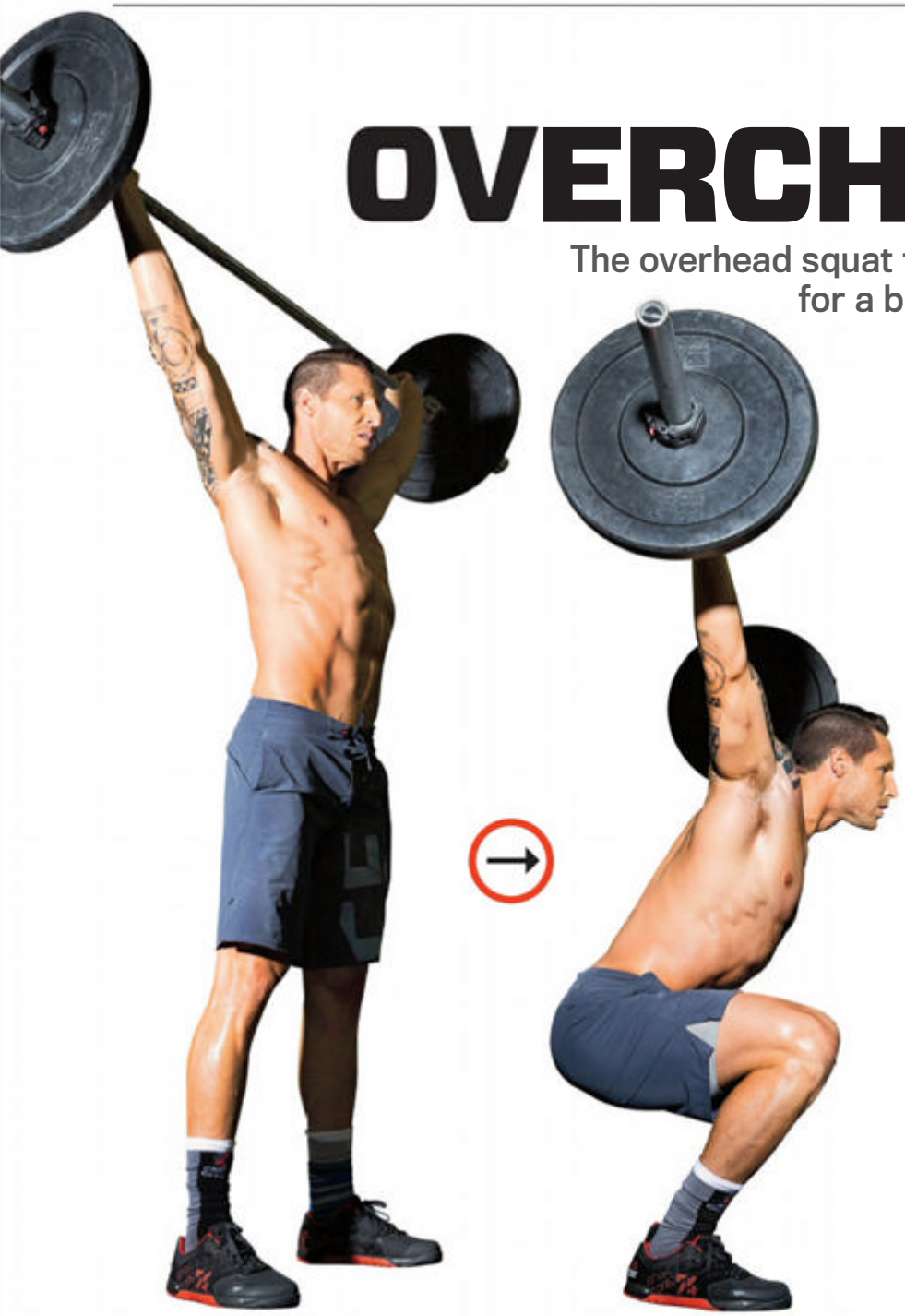
- **YOUR BODY TYPE:** small mitts.
- **THE FIX:** if you can't hold the bar securely, you'll never be able to transfer maximum force to it. Use straps as needed to make sure your grip doesn't fail. At the same time, use **farmer's walks** to target your grip.

PAVEL YTHJALL; JAMES FARRELL

OVERCHARGE

The overhead squat fortifies every weak link for a bigger and stronger body

BY NATE FORSTER



THE PEOPLE WHO say squatting is bad for your knees are usually the same ones screaming about how overhead squatting is bad for your back. It's only "bad" if you want your lower back to remain weak and unstable and you prefer the rounded shoulders that every desk jockey on the planet has. All the overhead squat does is expose weakness – and provide the very training stimulus you need to correct that weakness. You already know that overhead pressing works the shoulders and, secondarily, the core. With a wide grip and heavy weight, the overhead squat works the shoulders and core – as well as the lats, rhomboids, spinal erectors and, of course, legs. Follow the step-by-step guide to the overhead squat at right, then try one of the WODs.

GROOMING BY VALISSA YOE

IAN SPANIER

THE OVERHEAD SQUAT
NATE'S ADVICE

THE MOVE

Grab a loaded barbell with a wide grip and press it overhead.

"Shrug" your shoulder girdle upwards and lock out your elbows to steady the bar in place with your head pushed slightly forward.

Engage your abs and lats to keep perfect tension in your upper body.

Descend into a low squat, leading with your hips. Your arms will want to bend during the descent, but keep them locked out. Engage your glutes and hamstrings to return to the start.

WOD NO. 1

EXERCISE	REPS
Overhead squat	10 x 10 MIN EMOM*

WOD NO. 2

EXERCISE	REPS
Overhead squat and chest-to-bar pull-up	21, 15, 9

*Every minute, on the minute.

Compound it

Keep it basic for max muscle and strength gains BY BRYAN HAYCOCK



HYPOTHESIS

Research has shown that compound movements (ie, exercises involving more than one joint) activate muscles in a different manner compared with isolation exercises. Thus, to adequately train a muscle you should add isolation exercises.

RESEARCH

Untrained subjects were divided into two groups: one performing compound exercises only (C), and the other performing compound exercises plus isolation exercises (C+I). The C group performed only the bench press and lat pulldown. The C+I group performed the bench press, lat pulldown, triceps extension, and curl.

FINDINGS

There were no differences in gains between the two groups. Although the C+I group trained biceps and triceps in addition to the compound exercise, arm size and strength changed an equal amount for both groups.

CONCLUSION

The addition of isolation exercises will not significantly increase your gains.

APPLICATION

The foundation of your training should be based on compound exercises such as the squat or leg press, chest presses at multiple angles, and pulls and rows. Now, it should be noted that the subjects in this study were untrained, meaning that they are going to be much more responsive to training than a seasoned lifter. For more advanced lifters, the addition of isolation exercises is appropriate not because the underlying principle is different for experienced lifters, but because experienced lifters require more volume to get the same response.

SHUTTERSTOCK



Wide grip, wide lats

Add significant size to your back with wide-grip pulldowns BY BRYAN HAYCOCK

THE LATS ARE WHAT GIVE the back width. During a front double biceps pose, the lats outline the torso. From behind, they can make or break a top-place finisher before the first pose is struck. To fully engage the lats, research has confirmed that it's tough to beat wide-grip pulldowns.

A lat's function is arm adduction, either from above (for example, lat pulldowns) or in front (rows). Though wide-grip pulldowns are superior, some weightlifters avoid this movement because they're able to move more weight with a close grip. This isn't because the lats are working harder; in fact, it's because the lats are sharing more of the load with other muscles, such as the biceps. In short, if they aren't already, wide-grip pulldowns should be the foundation of your lat routine.

SHUTTERSTOCK

WINGSPAN THE WORKOUT



EXERCISE	SETS	REPS
▲ Wide-grip pulldown	4	8-12
Wide-grip seated row	3-4	8-12
Close-grip pull-up (palms facing each other)	3	8-12





QUICK TIP
Pair pressing exercises with pulling moves to ensure balanced development

Pressing needs

Fred sent us his shoulder workout to review. Here's how we fixed it...

BY SEAN HYSON

FRED'S OLD WORKOUT

EXERCISE	SETS	REPS
Military press	5	15, 12, 10, 8, 6
Dumbbell press	3	10
Lateral raise	3	12
Rear-delt raise	3	15
Front raise	3	15

M&F RATING: B

OUR ADVICE

Since your goal is maximum pressing strength, train **LOWER REPS SO YOU CAN PRACTICE WITH HEAVIER WEIGHTS AND FORGE BETTER TECHNIQUE.** Add some pulling exercises as well and alternate them with your shoulder lifts.

FRED'S NEW WORKOUT

EXERCISE	SETS	REPS
▲ Military press	5	5
ALTERNATE THE TWO EXERCISES		
Neutral-grip chin-up	5	8–12
Dumbbell press	3	10
ALTERNATE THE TWO EXERCISES		
Straight-arm pulldown	3	12
Lateral raise	3	15
ALTERNATE THE TWO EXERCISES		
Band pull-apart	3	15

MARIUS BUGGE



HARD & FAST
High intensity intervals reap huge benefits in a short amount of time

HIIT it hard

7 reasons you need high intensity interval training

Extensive science and research validate that high intensity interval training (HIIT) that includes both resistance and cardio are highly effective. HIIT involves performing an all-out, exhaustive physical effort for a short time followed by a short, sometimes active, recovery. Here seven ways that HIIT can benefit you as a physique-minded athlete.

1 INCREASED EFFICIENCY HIIT taxes both aerobic and anaerobic fitness while traditional, steady-state cardio only addresses aerobic. Aerobic fitness increases your need for oxygen and anaerobic training builds muscle, thus, these workouts will increase your endurance and make you stronger at the same time.

2 HIGH CALORIE BURN, MORE FAT LOSS A high-intensity workout increases your body's need for oxygen during the effort and creates an oxygen shortage, causing your body to ask for more oxygen during recovery. This "afterburn" effect is referred to as excess post-exercise oxygen consumption (EPOC) and is the reason why intense exercise will help burn more fat and calories than regular aerobic and steady-state workouts.

3 LOSE FAT, NOT MUSCLE HIIT gives a natural boost to human growth hormone (HGH) production, which is essential for optimal health, strength and vigour and has been shown to significantly improve insulin sensitivity, boost fat loss and increase muscle growth. Studies have shown that in the 24 hours after a HIIT workout, the body produces 450 percent more HGH, encouraging your body to build and preserve lean muscle mass while still ridding the body of excess fat.

4 BOOST METABOLISM Igniting EPOC or afterburn translates into a metabolic boost for up to 48 hours after a completed HIIT routine. Since HIIT helps build muscle mass, and muscle cells burn more calories than fat cells, HIIT further contributes to increasing your metabolism.

5 BOOST STAMINA Most people aren't used to pushing their bodies into the anaerobic zone (that lovely place where you can't breathe and you feel like your heart is going to explode) but working this hard is good for your heart. In a 2006 study, researchers found that after eight weeks of doing HIIT workouts, subjects could cycle twice as long as they could before the study while maintaining the same pace.

6 VERSATILITY Running, biking, jumping rope and rowing all work great for HIIT, but you don't need any equipment to get it done. High knees, fast feet or anything plyometric like jumping lunges work just as well to get your heart rate up fast.

7 SAVE TIME Studies indicate as little as 27 minutes of HIIT three times per week produces the same anaerobic and aerobic improvement as 60 minutes of steady state cardio five times per week, so you can have more time for everything else in your life.

ERIC SALVADOR


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EAT

WHAT'S IN THE FRIDGE THIS MONTH



Health nuts

Pistachios and other tree nuts are much more than just heart healthy

BY ADAM GONZALEZ



ATHLETES AND BODYBUILDERS are increasingly relying on plant protein for well-rounded nutrition. There are many protein supps available that are derived from plant sources, and while it's a good idea to include these, you still need whole-food plants to boost protein and healthy-fat intake. In fact, several recent studies support the health benefits of consuming pistachios and other nuts. Here's a rundown on what the science says:



PISTACHIOS CAN HELP YOU STAY ON YOUR DIET

A 2011 study in *Appetite* resulted in what is now dubbed the "pistachio principle", which showed that snackers who left discarded shells in front of them all day may have benefited from the visual cue: they reduced calorie consumption by 18% over those whose shells were taken away.

PISTACHIOS AND ALMONDS MAY IMPROVE GUT HEALTH

Preliminary research in 2014 suggests regularly eating pistachios or almonds may effect the composition of gut microbiota. In a small 16-person study in the *British Journal of Nutrition*, the researchers observed that people who ate 85g pistachios (about two servings) or 85g almonds per day showed an increase in the number of potentially beneficial butyrate-producing bacteria. Preliminary research suggests that butyrate may be a preferred energy source for colonic epithelial cells and may play a role in gut health in humans.

INCREASED CONSUMPTION OF NUTS MAY SUPPORT SATIETY

No matter the reason you're trying to cut body fat – for health, a bodybuilding show, a photo shoot or just to look better naked – regular consumption of pistachios and other tree nuts may be a smart snack for your waistline. Pistachios and other nuts contain healthy fats along with protein and fibre, which may help keep you satisfied longer.



LOAD UP Increase the consumption of nuts, including pistachios, almonds, Brazil nutss, cashews, hazel, pecans and pine nuts. They're a good source of nutrients to include with your breakfast or midday or bedtime snack. Add 30-60g nuts twice a day, for a healthy, satiating snack, better for you than foods like pasta and bread.

PREVIOUS PAGE: GETTY IMAGES. THIS PAGE: ALAMY (3)



Hot stuff

Cayenne adds spice and flavour to any food, and at only six calories per teaspoon, you have the green light to bring on the heat

BY CHRIS GIBLIN

WHETHER YOU'RE GETTING bogged down by the tedium of a healthy but predictable diet or are simply having trouble establishing good eating habits, literally spicing things up can help.

Although surprisingly high in vitamin A, sporting 15% of a daily dose in a teaspoon (based on a 2000-calorie diet), cayenne pepper has benefits that are a little more intangible than the foods that anchor your meals. Several studies have confirmed the pepper's appetite-curbing qualities, which reulst from its main ingredient capsaicin, which is what's responsible for that burning sensation on your tongue.

However, there appears to be a catch with that. Although you're more prone to decreasing fatty, sweet and salty food consumption if you aren't used to the hot stuff and raise your cayenne pepper intake, a 2011 study from Purdue University, US, found participants who were already spice aficionados were less affected.

Regardless, cayenne pepper provides a solid source of antioxidants, which are effective in the fight against free radicals, according to dietitian Sara Haas. More importantly, it can take potentially boring foods, such as steamed vegies, and make them more interesting without the obvious shortcut of adding butter or oil. Haas recommends dashing dried, powdered cayenne over roasted Brussels sprouts or broccoli or on scrambled eggs. Feel free to go for whole cayenne peppers as well if you want a particularly bold flavour for your next stir-fry.

WHEY PROTEIN SMOOTHIE

with added cayenne extract

SERVES 2

2 scoops whey protein
1 dropper bulb) liquid cayenne extract
1 cup frozen blueberries
1 cup sliced frozen ripe bananas
120ml coconut water
90ml almond milk
⅓ cup paleo muesli
2 tbsp almond butter
¼ tsp cold-pressed ginger juice

PER SERVING

490 CALORIES	21g PROTEIN	79g CARBS	12g FAT

TOFINO/ALAMY

Stew on this

Forget *Chicken Soup for the Soul.* This chicken stew will fill your belly, fuel a cold-weather workout and help your muscles grow.



CHICKEN ROPA STEW

MAKES 6 SERVINGS

900g boneless, skinless chicken thighs
30ml grapeseed oil
1 red capsicum, diced
1 yellow capsicum, diced
½ brown onion, diced
½ cup tomato sauce
1 tsp chicken stock concentrate
2 tbsp chipotle peppers, canned
1 tbsp paprika
1 tbsp smoked paprika
500ml chicken stock
Salt and pepper

1. Cut the raw chicken into large pieces and set aside.
2. Heat the grapeseed oil in a large sauté pan over medium-high heat. Add the chicken. Sear for 2 minutes, then add the capsicum and the onion. Turn down to low heat.
3. In a blender or food processor, combine the tomato sauce, stock concentrate, canned chipotle peppers, both paprikas and the chicken stock. Purée. Pour the puréed mixture into the chicken pan, turn the heat up to medium-low and stir.
4. Allow the stew to slowly come to a slight simmer, then turn the heat down to low. Cover the stew and cook for 20 minutes, checking every 5 minutes to prevent burning.
5. Check the chicken for tenderness. (It should pull apart.) Take all chicken pieces out, shred them, then return the pieces to the stew. Season with salt and pepper to taste.

PER SERVING

387 CALORIES	47g PROTEIN
11g CARBS	17g FAT



ON THE WEB Visit *chefirvine.com* for recipes, fitness tips and more.

FOOD STYLING BY CARRIE PURCELL

ANDREW PURCELL

HOW IT WORKS Oil adds moisture to fish, lemon cuts its fishy flavour and garlic improves its aroma

Reel it in

You don't eat enough fish because you don't know how to make it taste good. The solution is threefold: oil, garlic and lemon. With just these ingredients, you can make any fish dish flavourful – and ab-friendly. Exhibit A, this salmon recipe.

BY AMY SCHLINGER

LEMON SALMON WITH QUINOA

YIELDS 1 SERVING

¼ cup quinoa
½ cup water
½ tsp extra-virgin olive oil
1 clove garlic, chopped
¼ tsp lemon juice
½ tsp dried basil
¼ tsp salt
Pepper, to taste
½ cup cherry tomatoes, halved
170g salmon

1. Rinse quinoa under tap, then transfer to a pot. Add water and bring to a boil. Cover and reduce heat to simmer for 10–12 minutes.
2. Preheat grill. In a large bowl, combine olive oil, garlic, lemon, basil, salt and pepper. Add tomatoes and mix.
3. Place salmon on a sheet of aluminium foil. Fold up edges of foil but don't cover fish completely. Pour tomato mixture on top of salmon.
4. Place salmon packet on grill for 6–8 minutes. Remove quinoa from heat and pour onto plate. Remove salmon from grill and place on top and serve.

PER SERVING	
601 CALORIES	47g PROTEIN
41g CARBS	26g FAT

FOOD STYLING BY BRETT KURZWEIL

SAM KAPLAN

The new dessert?

Why eating salad after your meal is a good idea

BY STEVEN STIEFEL



AUSSIES TEND TO EAT their salads before (or as) their dinner, but the French often toss down some roughage at the conclusion of a meal. Turns out, there may be some benefits for bodybuilders in following this rearranged meal. You see, most vegetables are high in insoluble fibre. This type of fibre speeds digestion, and that's not necessarily an effect you want when you're about to consume a large piece of meat that takes a while to digest. Taking in increased insoluble fibre before your whole-food protein may encourage more of the protein to pass through your system unabsorbed.

On the other hand, taking in a decent whack of soluble fibre before a protein meal will help cleanse your system, helping improve absorption over the long haul and slowing down digestion. To make the most of your fibre and protein, take a soluble-fibre supplement about 30 minutes before meals, then eat your protein and follow this up with a salad for dessert.

QUICK TIP
A pre-meal salad can potentially hinder protein absorption

CORBIS IMAGES

Diet 000

Q When I don't have a big meal, I run out of energy before I finish my workouts. But if I eat a big meal beforehand, I feel bloated when I train. What should I do?

Those who can't process a large whole-food meal shortly before training still need to get in plenty of calories to experience maximum growth. Here are some suggestions you can try to prevent sabotaging your workouts at the front or back end.

1 Eat a small whole-food meal an hour to an hour and a half before you train. Consume about half as much as you do at typical large meals. Good choices for protein include chicken breast, lean beef, cottage cheese or eggs. Your carb source can be wholegrain bread, brown or white rice or baked potatoes.

2 Consume one small protein shake about 20 to 30 minutes prior to training. Rather than 50 grams of protein and fast-digesting carbs, go with a smaller amount. Add your pre-workout supps (beta-alanine, creatine, citrulline, arginine) to this shake so they'll be in your system when you start to train.

3 Drink a second protein shake during your workout. Research shows that consuming an intra-workout shake supports greater muscle growth. You can use much more water than you normally do so that you're also taking in more fluid as you provide your body with a continual flow of nutrients.

4 Continue drinking your intra-workout shake after you finish training. Essentially, what this does is enable you to get a jump start on consuming your post-workout protein shake. Depending on your nutritional needs and training goals, you can add additional protein or carbs to this mix.



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PHOTO BY GARY PHILLIPS

GRAPPLING FOR SUCCESS

Aussie MMA Champion Gustavo Falciroli prepares for the UFC's best.

NAME **DAVID ROBSON** /// PHOTOS BY **DANIEL HERBERTSON**

Distinguishing oneself as the best in the world's fastest growing and most brutal sport of mixed martial arts (MMA) is one challenge Brazilian jiu-jitsu (BJJ) ace and reining Cage Fighting Championship (CFC) and Australian Fighting Championship (AFC) bantamweight champion Gustavo Falciroli is more than ready to grasp. A man of firsts, the Brazilian-born Gustavo – who began his professional MMA career in 2007, the year he moved to Australia from Brazil – won the inaugural CFC and AFC titles (in 2010 and 2014 respectively) with ground fighting skills only a third degree BJJ black belt multi-title winner could possess. With seven submissions highlighting his 14-win pro MMA resume, Gustavo's third degree black belt has been used to good effect, as has his ever-improving striking, which has ended the night for a further three of his opponents. From 1999 to 2006, from blue belt through to black, Gustavo fought the world's best BJJ athletes, frequently claiming gold and, in 2006 – before transitioning to MMA in 2007 – winning the prestigious Sao Paulo State Championship in Sao Paulo, Brazil. Despite his many successes, the 31-year-old ground specialist has remained, well, grounded, and admits he still has much to achieve in a sport where physically brutalising one's opponent with maximum efficiency is rewarded with fame, fortune and a possible shot at competing within the top tier ranks of the world's biggest fight promotion, the Ultimate Fighting Championship (UFC). "I believe that your next fight is always your most important fight and I'm still working towards my greatest goal, which is to break into the UFC and stay there until the end of my career," says Gustavo.

Aside from advancing his career and proving himself to be the world's best bantamweight, Gustavo cites a love for the art of fighting and a willingness to test his skills against the best to be strong motivating forces behind his continued success. "The extreme challenge of body, mind and spirit, and the mutual respect between athletes and the fight itself, not for the violence but for the good of a sport that everyone loves to watch is what attracts me to MMA," says the man who is known for fighting at a frenetic,

smothering pace and whose timing, accuracy and composure allow him the confidence to commit fully to all techniques. Using multiple weapons – from elbows, knees, punches and advanced level grappling to anaconda-like submissions of every type and from every available angle – the expert trainer and elite fighter in residence at the Melbourne-based Absolute Mixed Martial Arts, is as well rounded as a fighter of his calibre should be.

CHAMELEON GAMES

Perhaps more so than in any other sport is the requirement within MMA to continually adapt to the changing dynamics of the game; an MMA athlete must be ever present, and ready to rapidly switch styles to counter his or her opponent's offense. Creativity and present moment awareness are therefore crucial to dictating the pace of any fight. These are further attributes possessed by Australia's top bantamweight (135lb/61kg) Gustavo. "What I love most about MMA is that is gives me the freedom to use any type of style I want, and I also enjoy creating my own [styles]" says Gustavo.

In expressing his good fortune to have worked with many great martial arts trainers, including Aussie fight game legend Habby Heske, Gustavo says that his "game is always improving and the new challenges presented by the trainers and training partners I'm currently working with provide greater learning experiences." To prepare for the physical extremes he expects to encounter in each of his fights, Gustavo spends much of his life training with a view to improving his strength and conditioning while continuing to refine the technical nature of his striking, grappling and submission games.

MIXING IT UP

Among the strongest bantamweights competing in any MMA promotion, he continues to become more explosive with each competitive outing. Along with building the strength needed to dominate increasingly more intensive competition, Gustavo employs resistance training to go the distance. "I believe weights are essential in preventing injuries primarily but to also get your fitness to a higher level," he says. With endless hours spent improving individual disciplines – BJJ and striking being major areas – and untold gruelling rounds of sparring – the fundamentals which all good fighters must emphasise in their training – comprising his schedule, Gustavo must carefully monitor his training volume to achieve peak conditioning while not becoming overtrained. To achieve this, his strength and conditioning trainer Paul Bevan strategically mixes in two sessions per week. Paul, who believes that although many MMA fighters are very strong, their ability to properly utilise their strength is often compromised by restricted movement and one dimensional training, prescribes for Gustavo the less conventional though ultra effective ZUU training style, as used by UFC notables Benson Henderson and Mark Hunt. Says Paul: "ZUU involves a variety of bodyweight exercises following primal movement patterns [pushing, pulling, bending, twisting, squatting and lunging] and is used to push your body to the limit while extending your muscle-endurance boundaries." Combining the traditional with the new and targeting all major and minor muscle groups in both aerobic and anaerobic fashion, ZUU – which also has its practitioners replicate 30 different animal movements, including the bear walk on all fours – is thought to provide a comprehensive, effective and intensive training experience. For Gustavo, who in 2003 was awarded his BJJ black belt by Roberto Tozi and Roberto Godoi, it is one of many tools the quintessential cage fighting killer uses to further refine his fighting prowess. In preparing to break his opponents, Gustavo also completes specific kettlebell and barbell training sessions. All strength-training, says trainer Paul, is focused on "strengthening movements, not muscles, and ensuring we increase flexibility and multi directional strength.



Gustavo landing a devastating left roundhouse kick.



No pain, no gain.

I believe that your next fight is always your most important fight

THE ONLY WAY IS UP

An example is a base exercise focused circuit [detailed over the page]. Before Gustavo begins each exercise he must first complete 10 reps of the base exercise. He will do a total of three sets. An elite athlete first and foremost, Gustavo spends much of his time specifically improving his performance and identifying weaknesses, which he immediately works to correct. Says Paul: "we need to constantly change our training depending on weaker movement patterns that I identify. At the moment we are working on creating more mobility in rigid areas of Gustavo's body to allow for better and faster movement, as the bulk of his strength work has been completed. I'm currently focused on major movements through the hips and core so that during the fight he will be comfortable anywhere and will be able to trust his body to move and respond in the ways he needs it to." Before employing strength and conditioning training Gustavo worked around pain and injury. Now he is largely pain free. He will also drill movements that he will encounter during his regular mixed martial arts training sessions under a controlled load, so that when he is sparring and rolling his body is better prepared. "I think the biggest change has been mental," says Paul. "After his last fight, Gustavo told me that he felt a bit tired at the start of the second round. Then he remembered our conditioning sessions and thought there is no way that his opponent can push him harder than he has been pushed during our training sessions."

In the unforgiving MMA arena there is no room for an underprepared mind or body. For Gustavo Falciroli, and for his fellow top-level MMA competitors, the many daily sacrifices that must be made to reach the pinnacle of the "hurt business" are a measure of how disciplined and mentally and physically strong the world's most complete athletes are. While looking to secure further big wins en route to UFC superstardom, Gustavo, quipped with the impenetrable focus needed to control the chaos of each cage meeting, will continue to view each of his fights as the biggest of his career and each opponent as the toughest he has faced. With this attitude he is bound for MMA immortality. M&F

FIGHT PHOTOS BY DANIEL HERBERTSON



Cool, calm and collected...

FIGHT PHOTOS BY DANIEL HERBERTSON



Hard work pays off and Gustavo wins another fight



SAMPLE BASE-FOCUSED CIRCUIT

used by Gustavo in his preparatory phase:

EXERCISE	REPS
Barbell deadlift to power curl	10
Kettlebell swing with row	20
Dumbbell wood chops	20
Kettlebell transverse swings	20
Deadball double squat slams	15


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A CLOSER LOOK

WANT A BETTER IDEA OF YOUR BODY COMPOSITION? TRY A DEXA SCAN

BY ALISON TURNER

When you're looking to strip body fat and pack on lean muscle, there's only so much the bathroom scales can tell you. Sure, you might be cutting fat, but are you losing muscle too? The best way to accurately track your results and your body composition is with a DEXA scan.

A DEXA – dual-energy x-ray absorptiometry – scan is a very low energy X-ray that specifically measures muscle, bone and fat – right down to one-tenth of a gram.

"It's not the sort of X-ray that produces a diagnostic image. It's a measurement tool," says Dr Jarrod Meerkin, an exercise physiologist from MeasureUp, who offer scans around the country. "The DEXA works by passing two different energies of X-ray through your body – one looks at hard tissue or bone and the other looks at soft tissue. It determines the different types of tissue by its density and gives that a unit in mass. First and foremost it's a tool to diagnose osteoporosis; its secondary use is as a total body scan."

IMAGES: SHUTTERSTOCK

TRACK YOUR PROGRESS

Whether you're just starting out on your muscle-building journey, are preparing for a competition or just want to tweak your results, a regular DEXA scan can show you where you're getting it wrong – and where you're getting it right.

"DEXA is best used as a means by which you make sure that your dietary program and exercise regime are doing what they're meant to be doing – that you're reaching your goals," Dr Meerkin says. "For a regular, fit guy, ideally you would come in once a year – that would mean that you've reached your goal, you're satisfied with your health and fitness and the way you look, and you're essentially just making sure you're on track year after year and you're comfortable where you are."

For a regular fit bloke, Dr Meerkin estimates a body fat percentage of around eight to 10 per cent. But for someone who competes or wants to try competing, you need to get that figure a little lower.

"We recently had Calum von Moger (Mr Universe) come in for a scan," Dr Meerkin says. "He's in his off season, but keeps in constant good shape. He was around the seven per cent range. Those guys who are coming in for their diet phase or just prior to competition are usually hitting around six to seven per cent." The lowest body fat recording MeasureUp have seen had in a pro body builder is 5.6 per cent.

CRUNCHING THE NUMBERS

Your scan results will show you your body fat and lean muscle mass percentages and where they're distributed throughout your body. The best part is that you can look at regional areas. "Particularly for men, you want to make sure the fat loss is coming from those areas where you're at greatest risk of diabetes and heart disease, which is the trunk," Dr Meerkin says. A DEXA can also provide an estimation of visceral fat – the hidden, dangerous fat around your organs.

The recommended body fat percentage for a regular bloke is between about 10 and 20 per cent.

"The advisable range is eight to 20 per cent for men under 40; 11 to 20 for men over 40," Dr Meerkin says. "Unfortunately, there has been a shift up the far end since I started practising in 2006 – those numbers have definitely pushed north. People are getting fatter."

According to the Australian Institute of Health and Welfare, almost two out of three Aussie adults are overweight or obese. That's 10 per cent more than in 1995. Pretty scary stuff, when you consider that obesity is the second highest contributor to burden of disease, after dietary risks. (Smoking is the third highest.) But your body does need some fat. It's what's kept us humans alive for millennia.

"Fat is a very important organ," Dr Meerkin says. "It's an evolutionary organ, which your body will utilise in times of starvation. In those times it will do almost anything to prevent fat loss, hence why you lose five kilos of muscle tissue while recovering from an operation in hospital."

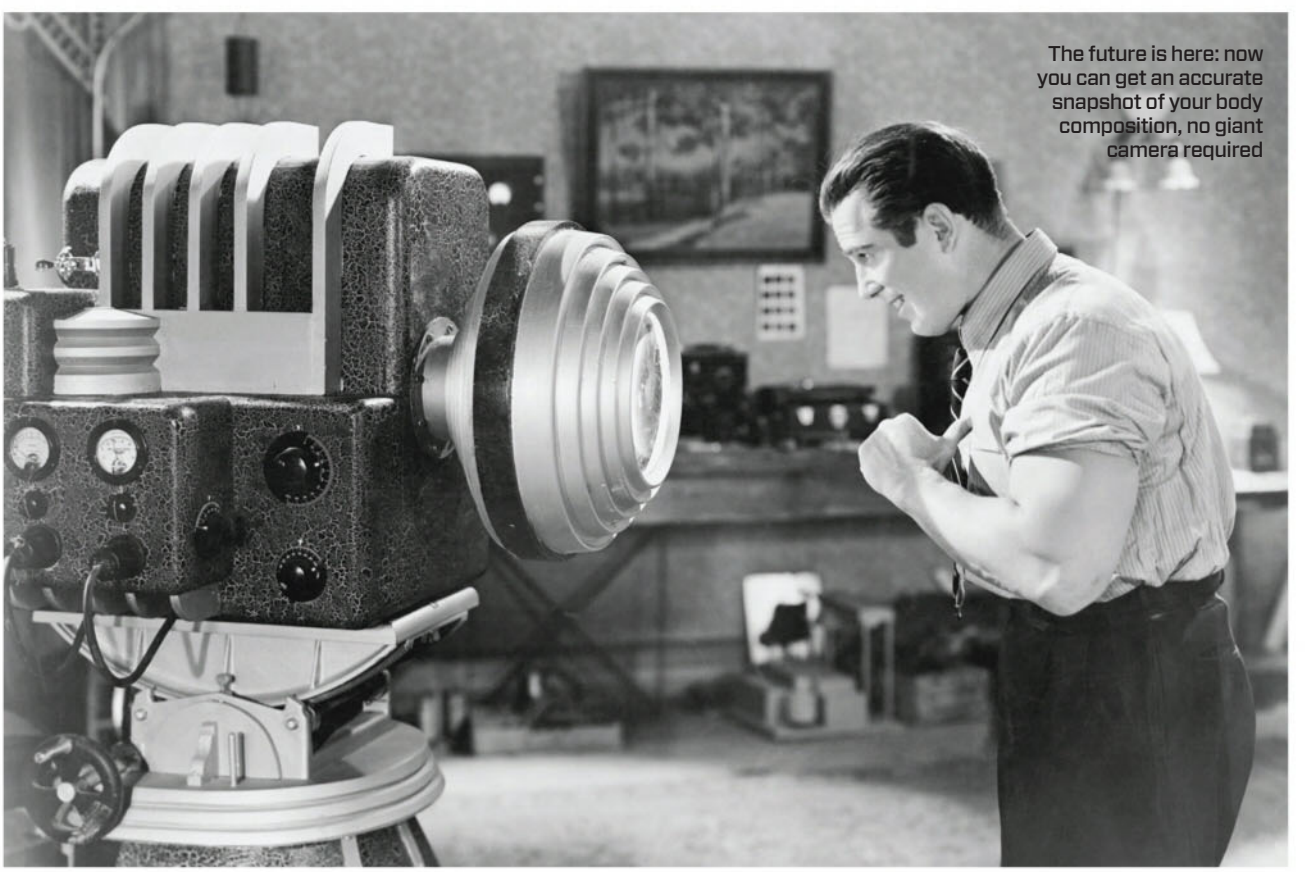
HIT YOUR GOALS

If you're competing, you're likely to be on a constant round of building and cutting cycles. A DEXA can help you ensure that you're hitting your goals.

"For someone who's competing, a scan around once every three months is ideal," says Dr Meerkin. Not just for body fat percentages, but to make sure there are no muscle imbalances. "The scan can also help if you're seeking greater symmetry. That's quite important, as it's one of the judging criteria."

If you're embarking on a new program, a scan before and after can give you a fantastic idea of whether the program has worked.

"Some hypertrophy programs might be less than others, 10, 12, 14 weeks. It depends. But a DEXA is a very useful tool for tracking

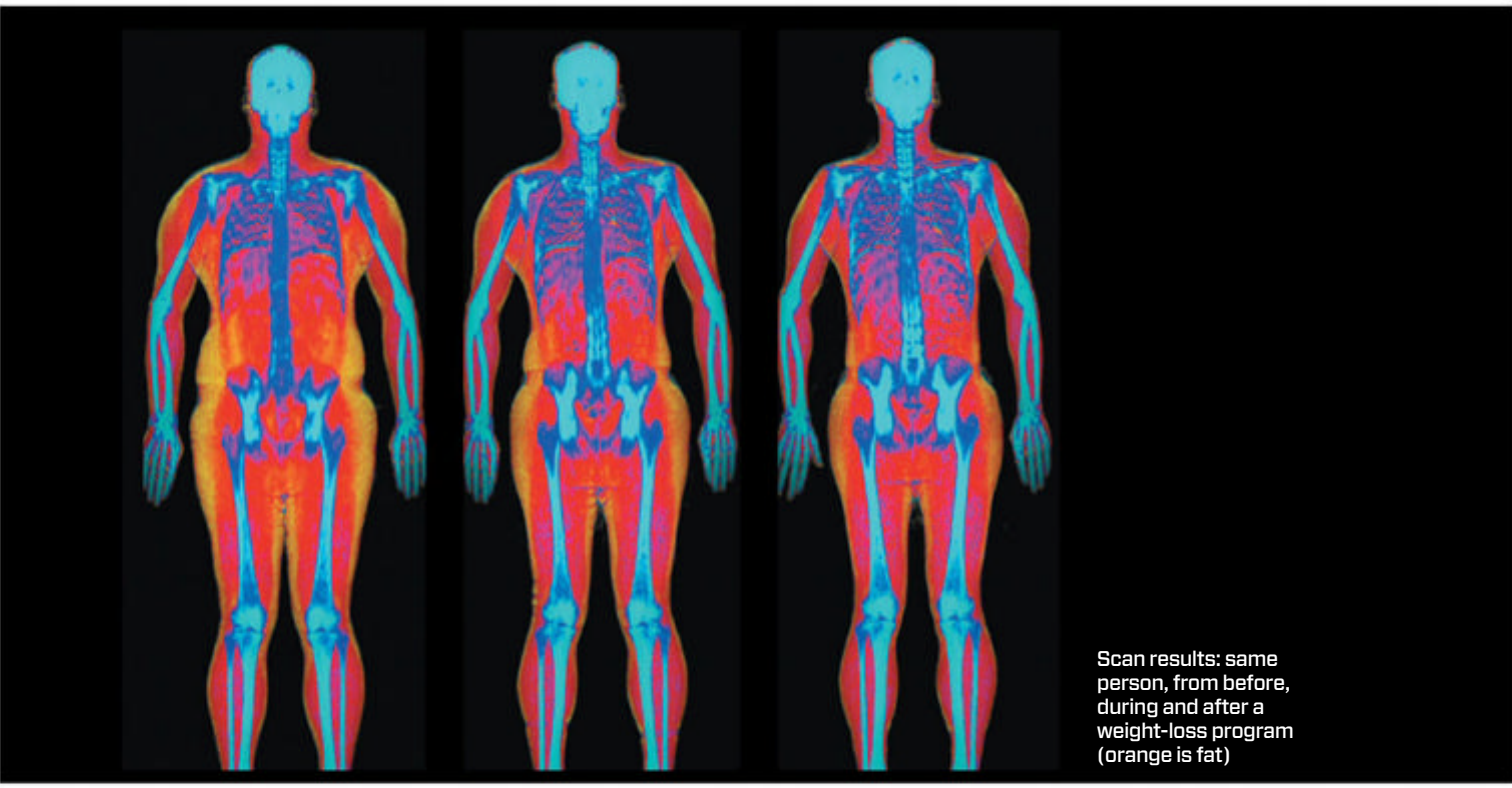


The future is here: now you can get an accurate snapshot of your body composition, no giant camera required

IMAGE: SHUTTERSTOCK

HOW DO I GET A DEXA SCAN?

MeasureUp offer scans around Australia through their mobile scanning fleet, and they have a head office in Sydney's Pitt Street for Sydneysiders looking for a quick lunchtime DEXA date. An initial scan costs $85 – follow-up scans cost less. Head to measureup.com.au to find out more, or follow them on Facebook (facebook.com/measureup) to find out where they'll be scanning next.



Scan results: same person, from before, during and after a weight-loss program (orange is fat)

COURTESY OF MEASUREUP

progress. If your diet's spot on and the program doesn't work, you don't want to keep repeating that program for the sake of it. You want to try something different."

Sometimes it's not the program that's the problem, but your diet. Tony Temple, 36, decided to embark upon a strict diet and exercise regimen to lose body fat and gain muscle.

"As I was getting more serious about my training, the unreliable bathroom scales just didn't cut it anymore," he says. "I wanted to know exactly how much fat and muscle I was carrying. I wanted an exact starting point to set myself a measurable goal.

At his first scan, Tony was at 18.3 per cent body fat. "I was surprised," he says. "I didn't feel I was that high."

He started a three-month program that saw him doing bootcamp in the morning and gym at lunchtime on Mondays, Wednesdays and Fridays. His diet was a very carb restricted and high in protein, and he was eating every two to three hours.

After three months, Tony's DEXA revealed that he was down to 11 per cent body fat, but he had failed to increase his lean muscle mass.

"I was delighted with my body fat loss," he says, "but I was really disappointed with my lack of muscle growth. I think the lack of carbs really let my muscle growth down."

Tony's second DEXA scan showed him how difficult it can be to lose fat and gain muscle at the same time. "I now have scans every three months to give me an idea of where I'm at and what I need to focus more on," he says.

A SCAN FOR ALL AGES

From an individual's perspective a DEXA provides really valuable data on how you're progressing over time with your program, but it's not just for young fit blokes. "One of the useful things about DEXA as you age, is this whole thing of sarcopenia or loss of muscle tissue," Dr Meerkin says. "The DEXA is a useful tool for older men, to monitor their muscle mass so they know they're – at the very least – maintaining muscle mass."

It's not just muscle mass that's crucial for older men. Bone density – while typically thought of as an old lady's problem – is also of concern for men. Dr Meerkin reveals that – while one in two women will be affected by osteoporosis – one in three men are also at risk. "There is definitely a relationship between bone strength and muscle mass," he says. "For those males who have less than 50kg of lean tissue, we're finding quite a high incidence of low bone density and osteoporosis. In fact, Osteoporosis Australia is about to start focusing on men."

So whether you're concerned about your health, want to compete or just shake a few kilos, a DEXA scan can give you an accurate idea of where you're at, and where you want to be.

"I think a DEXA is important for anyone who wants to strip fat and gain muscle," Tony says. "It gives an accurate starting point, but it's also a great way to track your progress and enables you to alter your diet and training accordingly." M&F



A MAN AND A BARBELL
Our program strips it down and makes it simple: a loaded bar and a place to do pull-ups account for half of everything you need.

SHREDDED FOR SPRING

Winter is in full swing, but that's no excuse to let yourself go. Instead, use this time to build such a shredded body that – by the time spring comes around – you'll be able to take your shirt off and be damn proud of the way you look.

BY DUFFY GAVER /// PHOTOGRAPHS BY IAN SPANIER

IT'S NOT ROCKET SCIENCE. If you want to pull the layers of fat off your body and reveal all the hard work you've been putting in, you'll need a clean diet and, well, some more work. Your training needs to burn excess calories through a combination of heavy weight, high volume and high intensity. That's exactly what this program provides – attacking the problem from every angle. At first glance, it might seem all over the map, but every move in this combination of bodybuilding and CrossFit is calculated to elicit the desired effect – lose body fat without losing muscle.

Week 1 of the program starts with a max-out day. We start there to set the bar for the rest of the program. No, this isn't a strength-focused program, but if you follow it to the letter and eat well, when you repeat this workout in Week 4, you *will* be better at it. And if you're better at that workout while dieting, you can't help but look better. If you're weaker, that's a sign that you took a major misstep, likely with your diet by not fuelling up properly.

In the other sessions, there are elements of traditional bodybuilding and CrossFit intermingled. A lot of guys who have been following a traditional body-part split might baulk at these CrossFit elements. They'll say they don't want to do exercises like toes-to-bar and kipping pull-ups. "Can I swap it out for something else?" they'll ask. Yes – if you honestly can't do the moves listed. But you need to try everything listed at least once.

If you can't do it, then scale it back a little, either by lightening the load or cutting back a few reps. But don't look for an out with every move that makes you uncomfortable. If you start swapping out everything, you might as well just ride a bike every day. You could, in theory, burn the same number of calories that way – you'd lose muscle, lose strength and essentially become a lesser version of yourself. So don't start down that path. If you knew a better way to get ripped, then you probably wouldn't be reading this. Just know that Brad Pitt, Chris Hemsworth and Chris Pratt all did a version of the program you now hold in your hands. You can do what they did if you attack this thing with purpose. When all's said and done, you'll look better than you ever have in your life.

MONDAY

Directions: take about five sets or 10 minutes to work up to a near one-rep max in each of the four main lifts. This is not a powerlifting meet. It's OK to leave something in the tank, but you should work up to as heavy as you can on that particular day.

EXERCISE	REPS
Squat	1RM
Overhead press	1RM
Deadlift	1RM
Bench press	1RM
Pull-up	Failure

TUESDAY

Directions: after sit-ups, work up to a comfortable one-arm snatch for 10 reps. Use that weight for the rest of the workout.

EXERCISE	REPS
Sit-up	100 total

CIRCUIT: complete for time

EXERCISE	REPS
Alternating DB snatch	20, 16, 12, 8
Burpee	20, 16, 12, 8

WEDNESDAY

CARDIO

Directions: run, row or bike for 30 minutes. Work up to a heart rate of 180 minus your age and maintain it.

THURSDAY

REST

FRIDAY

"CINDY"

Directions: complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pull-up	5
Push-up	10
Body-weight squat	15

SATURDAY

CARDIO

Directions: run, row or bike for 35 minutes at a heart rate of 180 minus your age.

SUNDAY

REST or optional light cardio.



DEADLIFT

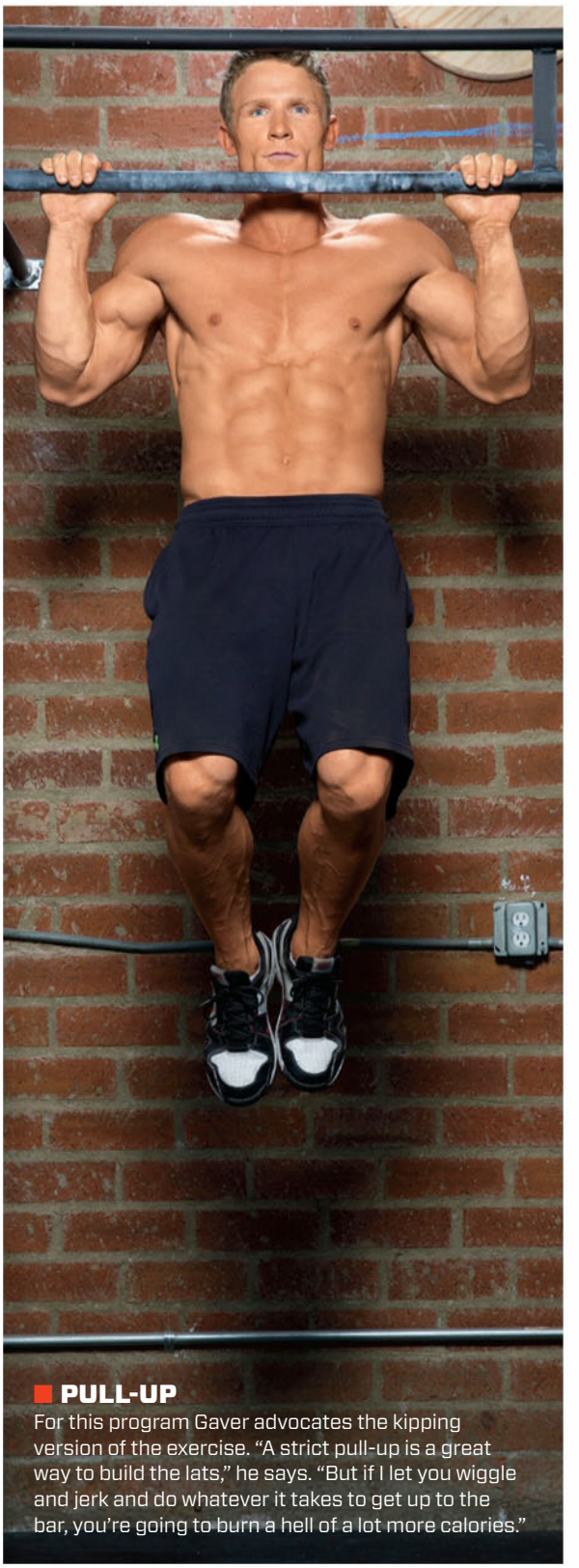
Use an alternating grip and don't stop until you reach full hip extension. As the weight gets heavier, be sure to keep your back as flat as possible.



BODY-WEIGHT SQUAT
Sit low on each rep, getting your thighs just below parallel. When done for the "Cindy" workout, the reps should be as fast as possible.



SIT-UP
Set your feet under a sturdy anchor point such as a power rack or a set of heavy dumbbells (shown). Use a full range of motion on each rep.



PULL-UP
For this program Gaver advocates the kipping version of the exercise. "A strict pull-up is a great way to build the lats," he says. "But if I let you wiggle and jerk and do whatever it takes to get up to the bar, you're going to burn a hell of a lot more calories."

GROOMING BY CARISSA FERRERI



TOES-TO-BAR

(1) Hang from a pull-up bar and whip your legs behind you to extend your hips and arc your body. **(2)** Swing your legs forward with power as you lean your torso back. **(3)** Complete the rep by kicking the bar. As you swing back down, arc your body to go straight into the next rep.



BENCH PRESS

As you set up, press your traps into the bench and squeeze your shoulder blades together. This creates a solid base to press from. Keep your feet flat on the floor and use a shoulder-width grip.



WALKING LUNGE

Keep your upper body tall and drop your back knee close the ground on each rep. Since these are performed as straight sets and not as part of a circuit (and only for 10 reps at a time), go as heavy as you can with the weight. If you normally use 15s for a set of 20, try making a jump to 25s and see how you feel.



MONDAY

Directions: perform exercises marked with an * as couplets – supersets without rest.

EXERCISE	SETS	REPS
Dumbbell flye*	5	10
Bench press*	5	10
Diamond push-up	3	15
Lateral raise*	5	10
Barbell overhead press*	5	5
Upright row	3	15



BARBELL THRUSTER
The thruster is a front squat that finishes with an overhead press, using leg drive to propel the bar. A push press, on the other hand, only uses a slight bend in the knee to provide leg drive.

TUESDAY

Directions: perform all exercises as straight sets, resting as little as possible.

EXERCISE	SETS	REPS
Walking lunge	3	10
Squat	5	4
Calf raise	3	15
Deadlift	5	5
Dumbbell row	3	15

WEDNESDAY

REST

THURSDAY

Directions: perform the following one time through without resting.

EXERCISE	REPS
Pull-up	25
Dumbbell thruster	25
Toes-to-bar	25
Plyo push-up	25
Kettlebell swing	25
Push press	25
Burpee	25
Sumo deadlift to high pull	25
Box jump	25

FRIDAY

CARDIO
Directions: Run, row, or bike for 40 minutes at a heart rate of 180 minus your age.

SATURDAY

Directions: Perform exercises marked with an * as couplets–supersets without rest.

EXERCISE	SETS	REPS
DB Kickback*	5	10
Dip*	5	5
Close-grip Bench Press	5	5
Dumbbell Curl*	5	10
Chinup*	5	5
Barbell Curl	3	15

SUNDAY

REST or optional light cardio.



DIP
Try to get your upper arms parallel to the floor on each rep. You can lean forward to emphasise the pecs, or try to stay perfectly upright to emphasise the triceps.



DUMBBELL ROW
Initiate the move by retracting your shoulder blade. Keep your back flat as you row the weight to your chest; try not to rotate your torso as you pull.

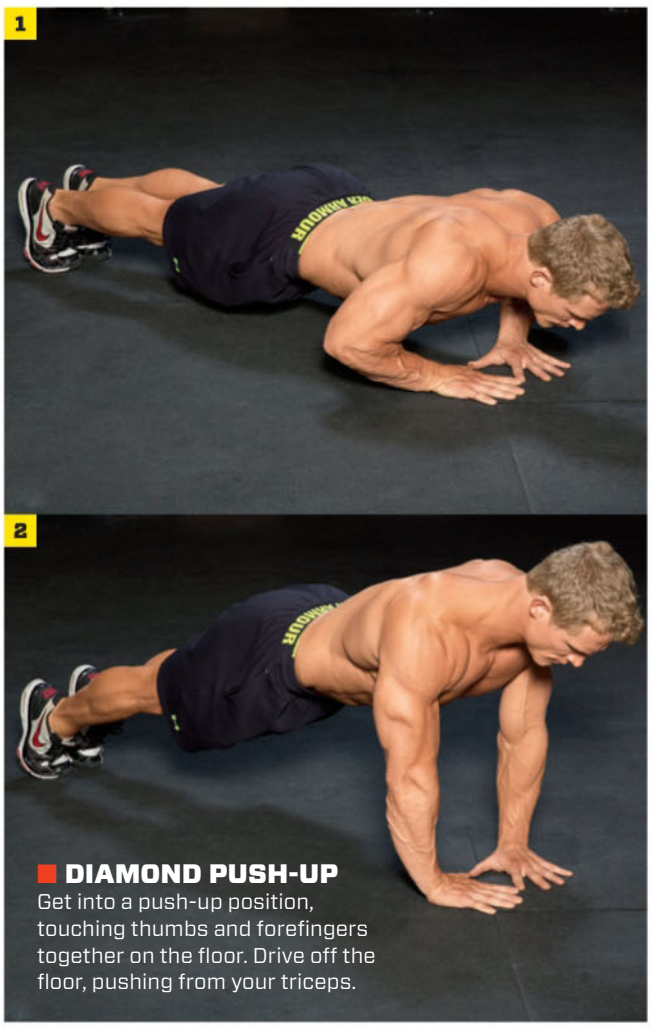
MONDAY

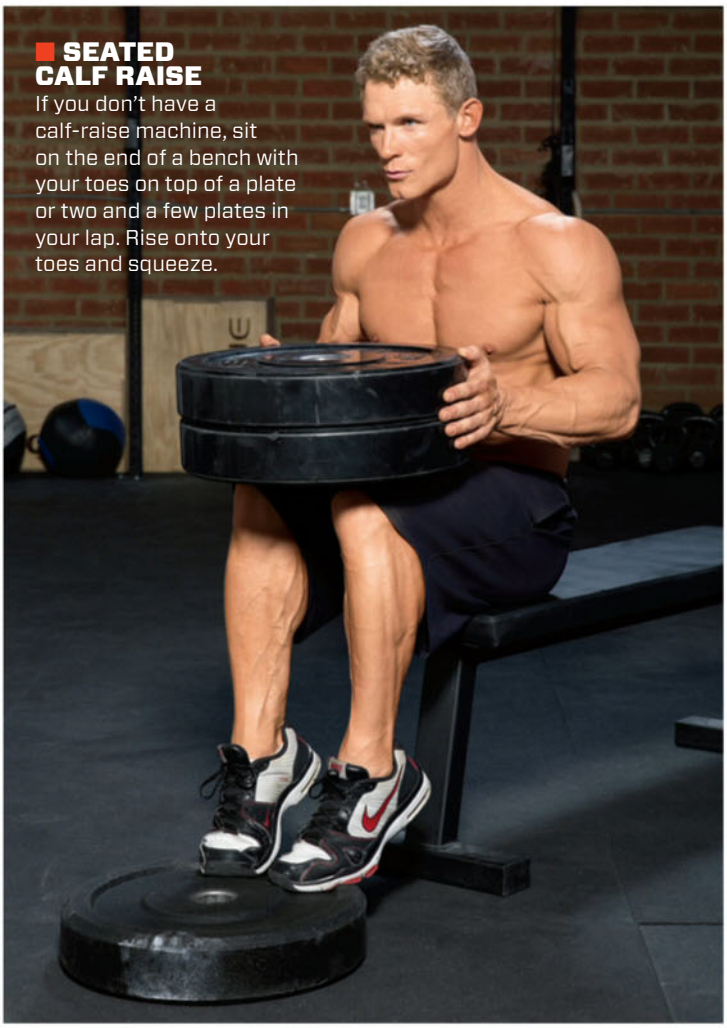
Directions: perform exercises marked with an * as couplets – supersets without rest.

EXERCISE	SETS	REPS
Dumbbell bench*	10	10
Dumbbell row*	10	10

CIRCUIT: perform as many rounds as possible in six minutes of:

EXERCISE	REPS
Power clean (with 45 kilos)	7
Box jump (to 60cm Box)	7
Toes-to-bar	7





TUESDAY

Directions: perform exercises as straight sets. For sit-ups, take as many sets as needed to get 100.

EXERCISE	SETS	REPS
Body-weight squat	10	10
Dumbbell walking lunge	5	10
Seated calf raise	4	15
Sit-up	–	100

WEDNESDAY

CARDIO
Directions: run, row or bike for 45 minutes at a heart rate of 180 minus your age.

THURSDAY

REST

FRIDAY

Directions: perform all exercises for three sets to failure. Rest three minutes between each set.

EXERCISE	SETS	REPS
Dip	3	Failure
Diamond push-up	3	Failure
DB kickback	3	Failure
Barbell curl	3	Failure
21s with EZ-curl bar	3	Failure
Reverse Curl	3	Failure

SATURDAY

"FRAN"
Directions: perform 21, 15 and 9 reps each of the following exercises, alternating between each exercise.

EXERCISE	REPS
Barbell thruster (with 45 kilos)	21, 15, 9
Pull-up	21, 15, 9

SUNDAY

REST or optional light cardio

MONDAY

Directions: refer to Monday's workout directions in Week 1.

EXERCISE	REPS
Squat	1RM
Overhead press	1RM
Deadlift	1RM
Bench press	1RM
Pull-up	Failure

TUESDAY

REST

WEDNESDAY

Directions: perform one time through. Rest as little as possible.

EXERCISE	REPS
Pull-up	50
Thruster (with 20-kilo bar)	50
Toes-to-bar	50
Push-up	50
Kettlebell swing	50
Push press (with 20-kilo bar)	50
Burpee	50
Sumo deadlift to high pull (with 20-kilo bar)	50
Box Jump (to 50cm box)	50

THURSDAY

REST

FRIDAY

Directions: complete 10 rounds of the following couplet for time. Work upwards to 10 on pull-ups and work downward from 10 on body-weight squats.

EXERCISE	REPS
Pull-up	1-10
Body-weight squat	10-1

SATURDAY

CARDIO

Directions: run, row or bike for 50 minutes at a heart rate of 180 minus your age.

SUNDAY

"CINDY"

Directions: complete as many rounds as possible in 20 minutes of:

EXERCISE	REPS
Pull-up	5
Push-up	10
Body-weight squat	15

1



SQUAT

Hold a loaded barbell on your back, pinning it across your traps at the tops of your shoulder blades. Drop into a low squat, with your thighs parallel to the floor. Drive through your heels as you stand back up.

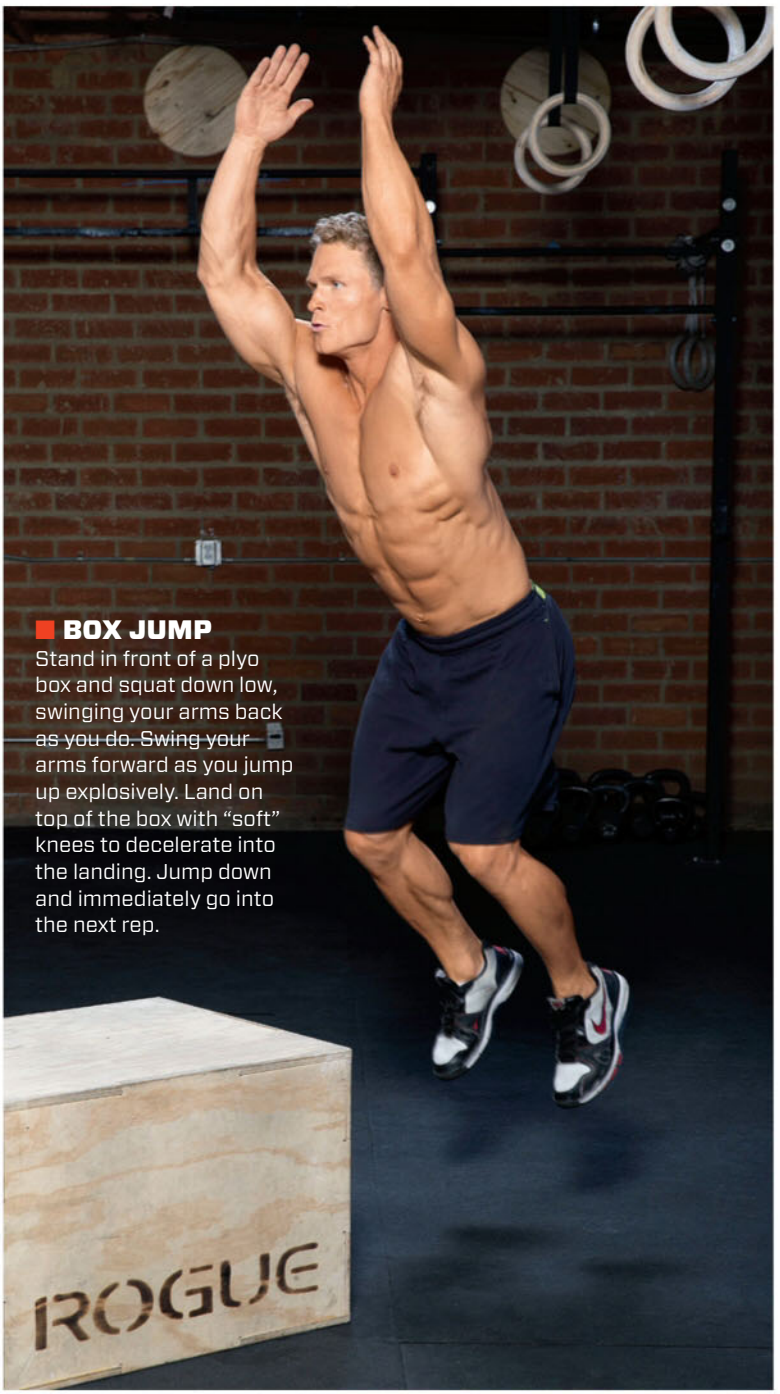
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SUMO-DEADLIFT-TO-HIGH-PULL
Stand in front of a loaded barbell with a wide stance and your toes pointed out slightly. Squat down low and grab the bar with an overhand grip, your hands inside your knees. Stand up explosively, pulling the bar upward as you do. In the finish position, the bar will be just under your chin, your elbows flared out to the sides.



BOX JUMP
Stand in front of a plyo box and squat down low, swinging your arms back as you do. Swing your arms forward as you jump up explosively. Land on top of the box with "soft" knees to decelerate into the landing. Jump down and immediately go into the next rep.

ABOUT THE TRAINER

Duffy Gaver is a former Navy SEAL–turned-personal trainer. His client roster has included Brad Pitt, Chris Hemsworth and Chris Pratt. M&F



Come with me if you want to lift



OUR EDITOR IN CHIEF WAS INVITED TO VISIT THE SET OF **ARNOLD**'S NEWEST FILM, **TERMINATOR GENISYS** – AND GOT A WORKOUT TO WRITE HOME ABOUT.

BY SHAWN PERINE



July 21, 2014, 3:42pm – New Orleans

"Come on already! Did you forget it's your turn?!"

"I'm thinking! Not easy to do with all your talking! *Scheiße!*"

The air outside is thick as a bayou accent and hot as a steaming bowl of étouffée, but Arnold Schwarzenegger and longtime acting coach Walter von Huene are safely ensconced in an air-conditioned trailer, too rapt in their chess game to notice the faint rapping on the door.

"Check!"

"You sonofabitch! You cheat every chance you get!"

Rap, rap, rap. This time, the knock comes a little louder. Arnold's right-hand man, Daniel Ketchell, puts down a freshly made protein shake to answer it.



"Pops" Terminator begs the question: will experience win out over new technology?

> **"ARNOLD'S TRAINING IS FAST – SURPRISINGLY FAST. HE'S QUICK WITH EACH MOVE AND TAKES ALMOST NO TIME BETWEEN SETS."**

As a young production assistant pokes his head in, a rush of thick, hot air floods the trailer. "They're ready," he says.

Without saying a word, Schwarzenegger methodically rises from his seat – he's done this dance three times today already. His hair is ghost-white, and his face is horribly battered. A huge gash figures prominently across his right cheek, and his chin looks as if it's seen the business end of a cheese grater. He turns to me and raises an eyebrow.

"Let's do this..."

With that, he lumbers down the trailer steps, out into the oppressive heat of the New Orleans afternoon. The Terminator is on a mission.

NASA's Michoud Assembly Facility is a cavernous hangar designed for the construction of giant rockets. This summer, however, it's home to a giant time machine – the centrepiece of *Terminator Genisys,* the fifth film in the series that made Schwarzenegger a household name.

With its towering interior walls painted green for EFX work, the hangar is abuzz with dozens of cast and crew members setting up shots, fixing props, studying lines

PREVIOUS SPREAD: MARCO GROB/PARAMOUNT PICTURES. THIS PAGE: MELINDA SUE GORDON/PARAMOUNT PICTURES





Below: a rare glasses-less promo shot for the original *Terminator.* Right: young Arnold in CGI form.

and generally ensuring that this $170 million production stays on track, 11 months before its July 1, 2015, release date.

Arnold enters the hangar with his posse in tow – Ketchell, von Huene, stunt double Dieter Rauter, security detail Leslie Schmidt and myself. The five men have already spent a couple of months together working on the film and by now act as a cohesive unit, with each practiced in his allotted task. For Arnold, that means being the pack leader.

"OK, everybody," he booms to the crew as he strides across a catwalk. "I'm ready. Let's stop playing around!"

The upcoming scene involves the Terminator in a pitched battle that involves several of the film's stars, lots of blinking lights and some sparks. With so many variables, multiple takes are the order of the day – sometimes to try a different camera angle, sometimes to fix a misfiring prop, sometimes just to be safe.

Over and again, Arnold takes his position in the time machine. Each time, upon hearing "Action!" he channels his inner cybernetic organism, stiffening his body and delivering his lines in that unmistakable accent until director Alan Taylor yells "Cut!" Then, whether the break between takes is two minutes or 20, the Terminator morphs back into the Governator, cracking jokes with a make-up artist, ribbing Rauter and generally being the biggest presence in a very, very big room.

I saw a lot during the two days I spent on the *Terminator Genisys* set, including some fascinating interplay between the main characters and a few crucial plot lines.

But I'll leave it to entertainment magazines and websites to give you the lowdown on the film. Because I'm the EIC of *Muscle & Fitness* magazine, and Arnold Schwarzenegger is our executive editor, I'd rather fill you in on his *TG* training – and one particular workout I know I'll never forget.

AF ARCHIVE/ALAMY; PARAMOUNT PICTURES



Terminator Genisys will see Arnold square off against technologically-advanced terminators – and a younger version of himself.

Training with the Terminator

July 21, 2014, 8:45am – New Orleans

In a scene captured in the film *Pumping Iron,* Arnold famously exclaims, "I only stop competing, but I'm not stopping bodybuilding," upon winning his sixth consecutive Mr Olympia title. Forty years later, he's remained true to his word, continuing to pull and push and pump iron on a near-daily basis, whether it's in his well-equipped home gym (could it be any other way?), Gold's Venice (where he can often be spotted) or a hotel gym in Leeds, Singapore or Mumbai.

At 67, Arnold seems to have more energy – and more of an appetite for travel – than ever. This means that he has to adapt to training in a broad range of gyms, from the opulent to the meagre. In New Orleans, the facilities are somewhere in the middle, but weighted toward the meager.

My first morning in New Orleans, I meet Ketchell in the hotel lobby at a quarter to nine, where he informs me that we should head to the gym, where Arnold would meet us in a bit. The gym is called Downtown Fitness Center and it resides in The Shops at Canal Place – a modest mall located a few floors below the Westin where Arnold & Co. are staying. It reminds me of a "spa" my mother worked at back in the early '80s, with its dropped ceiling,

> **"I CAN STILL SEE THE FIRE OF DECADES PAST. I CAN SEE THE FOCUS IN HIS EYES."**

carpeted floor and a colour scheme that could only be considered appropriate on a Mardi Gras float. Some of the equipment seems to date from when my mother was a personal trainer as well. The dumbbells are dull and worn, and the machines are mostly Cybex and Nautilus, with white frames and seafoam-green pad coverings. Maybe they're going for the retro look, I consider.

This is legs and shoulders day for

MELINDA SUE GORDON/PARAMOUNT PICTURES

me. Feeling a little tired, I decide to mix things up by starting with shoulders, hoping to build up my energy for legs. I spot a seated shoulder press machine over by a mirrored wall and begin my workout. As I complete my initial warm-up set I feel a magnetic pull coming from the gym's entrance.

"How are you doing today, Arnold?" a thin, older guy working the front desk brightly exclaims.

"Good morning!" replies the Terminator, who walks into the gym as he walks everywhere – with the bearing of a returning hero before his subjects. At least that's how I see it.

He's flanked by Rauter, von Huene and Schmidt. With a nod to Ketchell, he spies me at the shoulder press machine and makes his way over. En route, he notices that a pad on one of the machines is askew and in need of repair.

"So when are you going to fix this thing already?" he booms. "Every day I come in here, and every day it's broken!"

"I'm working on it," replies the manager, enjoying the scolding.

"I'm gonna be back tomorrow, and this better be fixed!" chides Arnold.

"I promise," says the manager.

Arnold approaches me.

"Let me work in here..." he says.

At that moment the word *no* had vacated my vocabulary.

He replaces me on the seat and knocks out a quick 15 reps. As soon as he's finished his set, I'm back on the bench. No words are spoken, except for a few of encouragement to each other as the weight increases. We do four sets apiece.

One thing to know about Arnold's training is that it's fast. Surprisingly fast. He performs his reps quickly (but not sloppily), takes almost no rest between sets and generally trains in big circuits that define perpetual motion.



Above: Arnold's last turn as the Terminator in 2003's *Rise of the Machines.* Below: Jai Courtney steps into the role of Kyle Reese in *Terminator Genisys.*







Left: Emilia Clarke, of *Game of Thrones* fame, takes Linda Hamilton's place as Sarah Connor. Above: Pops Terminator shows some of his grey hair.







Right: Jason Clarke and Jai Courtney at the ready. Above: donkey calf raises with Arnold, Bill Grant and Franco Columbu.

Although I've had the opportunity to be around Arnold in a variety of situations over the years, this was the first time we'd trained together. Like you, I've watched *Pumping Iron* many times over, studying the scenes of him in the gym – watching his form, gauging his intensity, feeling his passion. Now seeing him doing it in the flesh feels slightly surreal, but it also makes me feel a little like I stepped into that time machine back at the NASA building.

"EVEN TODAY, SEEING ARNOLD TRAIN IN THE FLESH FEELS SLIGHTLY SURREAL."

Even though this Arnold is twice as old as the one who last stepped on a bodybuilding stage in 1980, and various injuries coupled with the vicissitudes of age have conspired to keep him from lifting heavy, I can still see the fire of decades past. I can see the focus in his eyes and the assuredness in his movements. Despite the fact that he's lifting in a gym better suited to soccer mums than seven-time Mr Olympia winners, Arnold Schwarzenegger is training the only way Arnold Schwarzenegger knows how – intensely.

After giving me the chance to forever gloat that I trained with Arnold Schwarzenegger, he launches into a machine-based circuit, starting with a seated row, as I continue my shoulder routine. Over the next 45 minutes, Arnold would train every body part, even his calves, which he hit with single-leg donkey raises. Unlike in an iconic photo that regularly appears in this magazine (including above), however, neither Franco Columbu nor Bill Grant straddled his back as he performed them.

As Arnold runs through several rounds of his circuit, I finish up my shoulders, then start jumping around to various pieces of equipment without rhyme or reason. My initial plan of training legs is quickly abandoned. If ever there was a time to wing it in the gym, this was it. I notice Rauter over at the dumbbell rack knocking out flyes while Ketchell sets up in the squat rack.

Surprisingly, the gym is relatively empty, with our crew comprising the bulk of its population. Surely word got around town about Arnold's presence and his morning routine. Why isn't this place flooded with onlookers? The few members and staff who are here are impressively respectful of the celebrity in their midst.

"Your arms look pretty good," Rauter says during a break. "What are they... 13 inches?"

"Closer to 12," I reply.

Such good-natured ribbing is de rigueur for these guys, with the jabs coming quicker than those of a prime Muhammad Ali. Yet never do they slow the pace of their training.

Then, just under 50 minutes after he entered Downtown Fitness, Arnold finishes his last set and walks over to the squat rack, where Ketchell has loaded the bar with 275 pounds (125kg). It's time to leave, but not until Ketchell finishes.

"Come on! Let's do it!" commands Ketchell's boss. Clearly, Arnold's appreciation for Ketchell extends beyond that of employee. The look in his eyes as Ketchell buckles down for this last set of a

AF ARCHIVE/ALAMY; MELINDA SUE GORDON/PARAMOUNT PICTURES



gruelling leg workout is almost... fatherly. I throw some words of encouragement his way as well.

Ketchell unracks the weight, and with a deep inhale drops down to parallel before rising back up, ever so slowly, and reracking. It's probably his 10th set of squats to end the workout. Not bad for a guy weighing maybe 80 kilos. We applaud his efforts and help him strip the bar.

"See you tomorrow!" Arnold says to the manager as he exits the gym to the mall. "That machine better be fixed!" Reflexively, each member of Team Arnold finishes his set, and we play follow-the-leader out the gym, through the mall, up the elevator and to the hotel buffet for a post-workout, preshoot meal.

You'd be surprised at how little Arnold eats. Whereas I loaded up on eggs and pancakes, he sat down with a bowl of fruit and oatmeal.

"No protein?" I inquire.

"I don't like to eat heavy in the morning. I get plenty of protein later in the day," he replies.



As was the case in the gym, the restaurant is nearly empty, save for a hostess and a couple of waiters. We spend the next 25 minutes talking bodybuilding, relationships, politics, and, of course, the film. It was basically a bunch of guys chowing down, shooting the shit, and getting ready for another day on the job. Except this job happens to be making what's going to be one of the biggest movies of 2015.

Once he's finished with his spartan meal, Arnold rises from his seat and heads toward the elevator bank with us in tow. We'll have 15 minutes to shower, change and meet in the lobby.

From there we'll drive the 20 minutes to the NASA facility, where Arnold Schwarzenegger will once again step into the role of a calculating, unstoppable killing machine... in between rounds of chess. M&F

ABOVE AND RIGHT: MELINDA SUE GORDON/PARAMOUNT PICTURES; ZELLER/©FITNESS PUBLICATIONS/COURTESY OF WEIDER HEALTH & FITNESS





ENDURE & CONQUER

Ever wanted to try an endurance event? It's all in the preparation...

By Alison Turner

IMAGE: SHUTTERSTOCK

You're young, you're fit and you're up for a new challenge. Sounds like you might be ready to give endurance racing a go.

Sure, events like a marathon or an Ironman are tough, but if you prepare right, you'll be more likely to succeed, and feel pretty damn awesome about yourself in the process.

But if you've never done anything like this before, how do you go about preparing yourself? Enter Dr Tony Boutagy, a sports scientist and exercise physiologist who is currently training five Olympians and who has dozens of triathlons under his belt.

For the average fit bloke who's never done an endurance event like a triathlon before, Dr Boutagy recommends a minimum training period of three months leading up to the event. "The level of commitment would be starting at three hours a week of exercise progressing up to seven hours a week," he says.

WHAT YOU NEED TO DO

Essentially, your training needs to involve doing what the race involves). "Training always comes in three forms for someone who wants to compete," Dr Boutagy says. "The first is preparing the body, which can be done in two primary ways. Firstly, low intensity endurance exercise of the sport, so if it's running you would do low intensity running. This prepares all of the muscles and bones and joints to withstand the training.

"The second type would be weight training. That's a faster way of preparing all the systems of the body to withstand the jarring of regular endurance exercise. That's why you start at low intensity."

Phase two is high intensity preparation of the sport, which you should be doing one to three months out from race day. Basically this involves performing whatever discipline/s the race will involve – if it's a triathlon you'd need to train in running, swimming and cycling, if it's just a marathon you'd only need to perform running training.

"There are two types of training here," Dr Boutagy says. "Race pace is called tempo work, where your sessions resemble what you're going to look like on race day, and interval training means you go faster than race pace and you rest in between blocks of that faster-than-race-pace work. That method has been used since the 1920s to prepare athletes because it gives you faster, more profound fitness gains."

The third phase is the rest phase, where you spend a week or two before the event completely resting the body. And although it sounds like a bludge, this is actually as important as any other phase.

"Essentially when you're performing race pace and interval work regularly, the body can only take so much and you actually get a decrease in your performance," Dr Boutagy explains. "By resting for one or two weeks you actually return all of those benefits that you have made in fitness as your body freshens up and then you perform best on race day.

It might sound counter-productive,



Triathlete pros Dan Wilson (green), Brad Kahlefeldt (blue) and Courtney Atkinson (black) in the Ironman 70.3 triathlon on September 14, 2014 in Mooloolaba, Qld

SHUTTERSTOCK

but training right up until the event will actually see your performance suffer. "People train right up to race day thinking the more sessions and the longer or harder they train the better race will be, but as you get fitter you get more fatigued – you can't get fitter without getting tireder. It takes one or two weeks to dissipate that fatigue so the body can actually realise all the adaptations it's made over the past few months."

BEYOND TRAINING

In your very first week of training, you need to make sure that your form is correct. If you're cycling, you need to have your bike correctly set up for you before you start training.

"Your bike should be correctly angled with the correct saddle height," Dr Boutagy says. "You should have a running biomechanist and/or a swimming biomechanist look at your freestyle stroke and/or running form. Most general people can make significant improvements in their triathlon times by actually learning how to move better – move more efficiently in the water, more economically when they run.

"You make adaptations in the muscle very specific to how to move your body. So if you learn how to swim correctly from the get-go and learn how to run correctly you're making optimum improvements in those muscle fibres."

Another key element to your preparation is nutrition. In any event that takes more than an hour, nutrition becomes very important as there is only so much fuel you can carry in your body. But also, the more attention you pay to your training nutrition the more you're going to get out of your training and recovery sessions.

GET YOUR BODY **TRIATHLON READY**

Triathlons are all about endurance. You have to outperform the competition when swimming, running and cycling, meaning you have to be fitter than ever. For triathlons, strength doesn't necessarily mean the biggest muscles, but overall core strength and endurance. Here are four ways to train for your next triathlon:

PUT A PLAN IN PLACE

You're training for endurance, but also to hit your ideal race weight. Keep yourself accountable on a daily basis by first giving yourself a reasonable amount of time to achieve your weight goals while training. This typically takes about seven months. You must also be consistent. For example, cycle every day and make your workout a lifestyle choice. There's no excuse to not make a bike an everyday part of your life.

YOUR DIET IS YOUR LIFELINE

When training, dieting decisions can be game-changers. Properly fuelling for training – and making wise choices when not training – makes a great impact. Cycling is one of the few activities where it's possible to fuel during training and it's key to keeping your body sharp. However, it's vital not to over-fuel. You should eat nutrient dense, low-glycaemic wholefoods, as opposed to over-starchy and sugar-laden foods. Overall, choose a diet with healthy fats instead of bad fats. Remember this simple equation when trying to reach your goal race weight: calories out > calories in.

MANAGE YOUR TRAINING

Gearing up for a triathlon is all about segmenting your training. If training for a race nine months down the road, the last thing you want is to go as hard as you can for the full nine months and burn yourself out. For the first six months, grow into your regimen by building in long rides and consistency. Then, as you get closer to race day, decrease to one long ride per week, build up speed work and focus on cadence. Cadence (pedal rotations per minute) plays a huge part in fat burning and muscle growth. Focusing on a high but sustainable cadence is crucial in preparation and will help you hit your proper heart rate zones and establish consistency throughout your race.

KEEP YOUR BODY AND MIND GUESSING

Vary your workout routines and get outside of the spots you always visit. The easiest way to become disillusioned with training is to lock yourself into a repetitive routine. Long story short, have fun! Cycling is one of the few exercises where you can cover distance and visit places you haven't gone before.

Cycling allows you to train more frequently without as much risk for injury as running. Being a low impact exercise, due to the decreased strain and pressure it puts on your muscles and joints, it allows you to train multiple time per week. You can diversify your workouts by cycling in groups, and push yourself harder by focusing on different muscle groups and techniques over time (eg, hills and climbing vs. flats and acceleration) in order to get triathlon-ready.

RUNNING MAN

Andrew "Pap" Papadopoulos is an elite endurance athlete, IsoWhey Sports Ambassador and owner/operator of Battle Fit Australia. This year he will be competing in the 250KM Big Red Run in the Simpson Desert to raise money for diabetes research. It's a five day event which will include very hot days, possible sub zero nights, dehydrated meals and no showers for the duration of the event.

"I mostly compete in endurance events that are either running or obstacle related," he says. "The longest endurance race that I've participated in to date is the North Face 100 – it certainly pushed me to my limits!

"The hardest event for me would have to be the 48hr Geo Quest Adventure Race. It consisted multiple legs of mountain bike riding, trail running, kayaking, soft sand, huge inclines, changing climate, large elevation and it was non-stop. I learnt a lot from that event!"

In the months prior to an endurance event, Andrew puts great emphasis on gradually increasing his kilometres and duration on his feet. "I'm also cautious not to push myself too far too quickly, as that's where injuries are likely to occur.

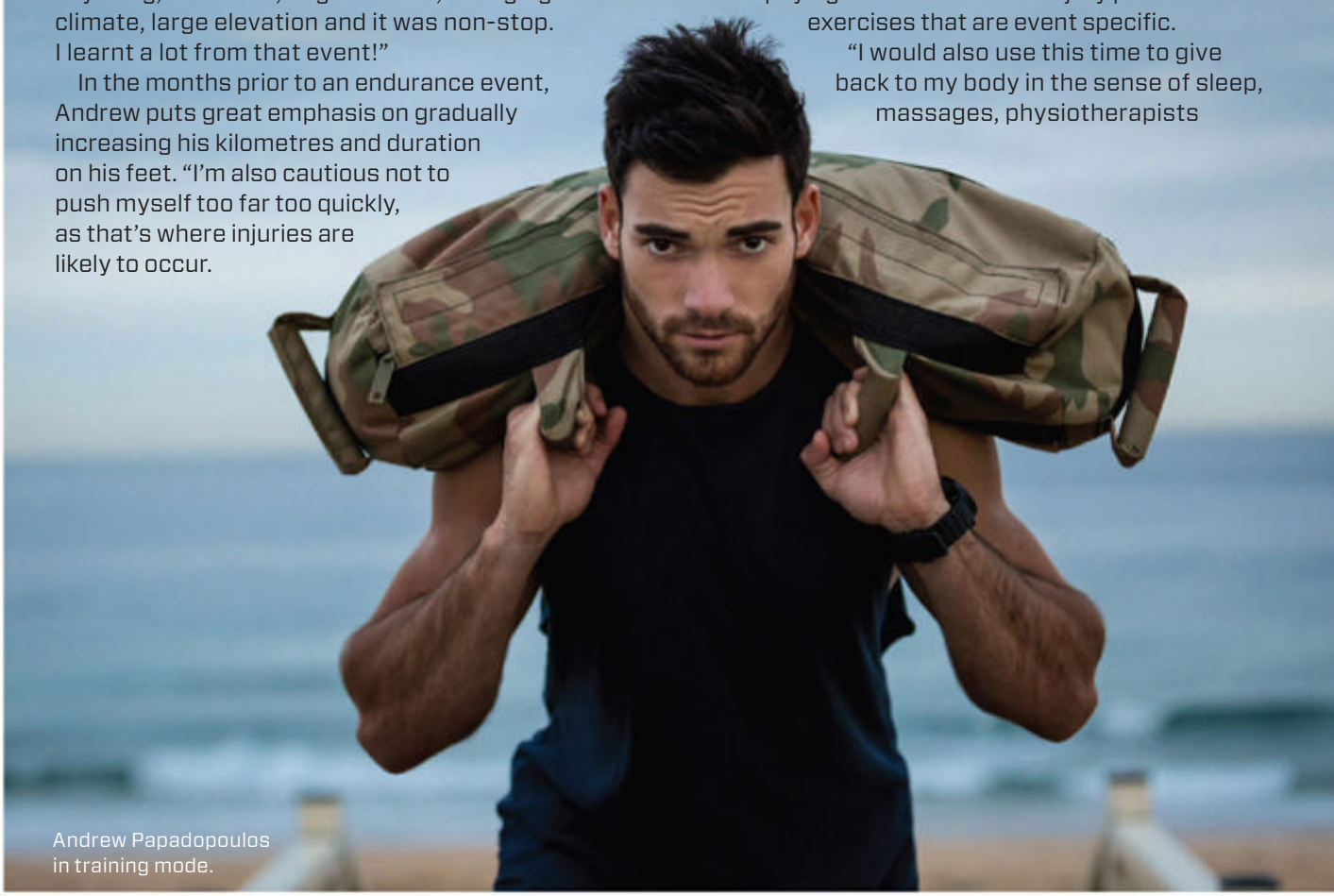
"This is also the time when I experiment with different foods, portions and supplements to make sure my body is consuming enough calories to have the fuel it needs to keep me working.

After four to six weeks of gradual increasing his distance and honing his dietary needs (both during training and recovery), Andrew then completes a month of his highest volume, or peak, training.

"This allows me to really test my physical and nutritional preparation to make sure it's been successful," he says. "Making sure that I'm feeling energised and not losing weight too rapidly is important as my body will be handling the stresses of large distances on multiple terrains."

Once his peak training phase is complete, Andrew begins to bring the kilometres back down and starts paying more attention to injury preventative exercises that are event specific.

"I would also use this time to give back to my body in the sense of sleep, massages, physiotherapists



Andrew Papadopoulos in training mode.



BROOKE RUSHTON

and nutrition," he says. "The key here is to ensure that you are sufficiently fuelling, recovering and listening to your body."

There are going to be moments in a long race that will see your spirits flag. That's why it's also important to prepare yourself mentally for the gruelling challenge ahead.

"When I feel at my lowest, instead of thinking about quitting, I remind myself that I need to fight. Changing that mindset is a huge part of the ultra endurance sport for me.

"My personal mantra, which I've instilled into my business Battle Fit Australia, is 'Fight Your Limits'. It's perfect for me and applies to anything and everything."

Ultimately, Andrew believes that listening to your body and training smart are key to success.

"Too many people end up getting chronic fatigue because they burn their adrenal glands from working too hard," he says. "It takes more discipline to recover than it does to push yourself. You must have fun too!"

"Fitness is the culmination of many weeks or months or years of training," says Dr Boutagy. "So if you can get more out of each session and recover better from each session then you get more fitness on race day."

According to Dr Boutagy, all events under two hours rely virtually 100 per cent on carbohydrates, with very little energy coming from fat.

"Basically any Olympic event is based almost exclusively on very high amounts of carbohydrate being used," he says. "This is important because your gut, like any other part of the body, responds to training. So if you perform your regular training sessions with what's known as high carbohydrate availability – that is you either have a high carb meal the night before or the morning before, and/or consume high carb drinks during the event – that trains your gut to absorb it and get it to the working muscles better than if you hadn't trained it."

Experts think that two to three sessions a week should be done under high carbohydrate availability in the lead-up to competition. This way you don't get gastro-intestinal discomfort during the event.

"In all of the studies that have looked at carbohydrate consumption and performance in endurance sport, over 80 percent show a positive improvement with carbohydrate consumption during or before exercise as compared to water," Dr Boutagy says.

You should also do two or three sessions of the week with no energy availability. "That is, you train before breakfast, or you train after meals that are distinctly lacking in carbohydrates," Dr Boutagy explains. "That creates more stress, and all fitness gains are and all training sessions do is they create shock to the body. Scientist called that 'perturbing homeostasis'. So you're trying to disrupt as much of the body as possible. If you train before breakfast while you have no fuel in the tank, or after a meal that contains no carbs, that training session is difficult and due it being difficult because there's no fuel we know that the body creates growth fitness gains as well."

Dr Boutagy recommends that, if you train most days of the week, you should perform three sessions with high carbohydrates, three without, and then one or two weight training sessions.

"The night before race day should be about making sure your muscle and liver carbohydrate stores are very high while also consuming carbs during the event," Dr Boutagy says. "But it's almost a worthless point if you haven't trained your body to do it. Gastro upset is very common in event over an hour, as athletes consume carbs during the event but not during training. Training is all about optimising performance on race day. So if you don't train your race strategy prior you can be sure that you'll end up in a pit stop somewhere."

ALL IN YOUR HEAD

It's not just the physical preparation that matters – you also need to prepare yourself psychologically.

"There's a growing body of evidence showing that mental preparation is critical," Dr Boutagy says. "There are lots of drills that

"FITNESS IS THE CULMINATION OF MANY WEEKS, MONTHS OR YEARS OF TRAINING"



Aussie triathlete Paul Ambrose during the 180km Ironman bike leg on March 23, 2014, in Melbourne, Vic.

"YOU HAVE TO ENTER ANY RACE WITH A PLAN"

elite athletes do, such as training deliberately in a tired state, or not eating enough energy.

"There's also doing mentally challenging puzzles while either running on a treadmill or riding on a stationary bike. So you're fatigued but your brain has to try and problem solve and that improves performance."

Positive thinking and positive visualisation have been shown to help, too. Interestingly, one study found that cyclists being shown pictures of happy faces while they've been exercising to exhaustion perform better that those shown pictures of sad faces.

You also need to watch yourself on race day to make sure nerves or that competitive nature of yours don't lead you to make mistakes.

"The two biggest errors people make are in pacing, and trying something different on race day," Dr Boutagy says. "So you have to enter any race that you do with a plan that has already been practised several times beforehand. Know the pace that you want to go at. Nerves or trying to keep up with other people typically mean that you go into the red zone too soon. And most general people cannot recover from that and end up blowing up. Stick to your game plan. If you've got 10 kilometres to run and you take off like a rocket at the start, you're going to hit that red zone."

The "red zone" is an intensity point by which, if you cross it, there's no return. According to Dr Boutagy, there's only so much time you can spend at high intensity.

"Essentially that's above 92 per cent of the maximum," he explains. "Very elite athletes can sustain that for 20 or 30 minutes. The general public can probably sustain that for three to six minutes. If you pass the red zone, your body produces more by-products of metabolism that your muscle can clear, and that interferes with muscle contraction and you have to slow down."

Of course, the other big no-no is trying something new on race day – new shoes, different attire, a new sports drink or a new food. Never do something on race day that you haven't practised.

With the right preparation in training, fuelling your body and recovery time, you will be ready to take on race day and win. Well, at least finish. But be warned, the euphoric feeling of completing an endurance event can become addictive... Ironman, anyone? M&F

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These five clean muscle-building recipes are as easy to make as they are delicious

BY CARLO FILIPPONE
PHOTOGRAPHS BY TRAVIS RATHBONE





BALSAMIC CHICKEN BREAST

SERVES 2

- 3 tbsp extra-virgin olive oil
- 2 (170g) chicken breasts
- 1 tbsp chopped shallots
- ¼ cup balsamic vinegar
- 1 tsp minced garlic
- 1 tsp chopped fresh basil
- ¼ tsp sea salt
- ¼ tsp black pepper
- ⅛ tsp bay leaf powder

Place a frypan over medium heat, then add olive oil. Heat for 30 seconds. Add the chicken breasts. Brown each side. Add the shallots. Cook until shallots are lightly browned. Slowly add the balsamic vinegar. Add the remaining spices. Turn heat to medium-low. Cook for 5–7 minutes. Remove chicken breasts and serve with vegies and/or clean carbs. Pour the remaining liquid over breasts for added flavour.

MACROS PER SERVING

516	50g	2g	34g
CALORIES	PROTEIN	CARBS	FAT

WELL-ROUNDED
We made our chicken with vegetable brown rice (carrots and corn added) and kale lightly sautéed in olive oil.





BOK CHOY
Also known as Chinese cabbage, bok choy offers low-calorie roughage (12 calories per 100 grams), and it's high in vitamins A, B6, C and K.

GRILLED ASIAN COD

SERVES 2

- ½ cup honey
- ¼ cup apple-cider vinegar
- ¼ cup light soy sauce
- ¼ cup sesame oil
- 1 tsp chopped fresh ginger, peeled
- ⅛ tsp freshly ground black pepper
- 2 pinches sea salt
- 2 (170g) cod fillets

Mix all the ingredients, except the cod fillets, in a large bowl. Add the cod to the bowl. Submerge the cod and allow to marinate. Overnight is best, but an hour or so will suffice. Preheat oven to 220°C. Remove cod from the bowl and place on a baking tray coated with non-stick cooking spray. You may pour any leftover mixture over the cod for extra flavour. Cook fillets for 8–10 minutes or until their internal temperature reaches 60°C. Serve with vegetable (such as bok choy) and/or carb of your choice.

MACROS PER SERVING

695	40g	78g	30g
CALORIES	PROTEIN	CARBS	FAT



TURKEY STEW

SERVES 3

4 tbsp extra-virgin olive oil
700g turkey mince
2 garlic cloves, chopped
1 medium onion, roughly chopped
2 celery stalks, cut into 2.5cm cubes
6 baby carrots
2 cans diced tomatoes
1 cup low-sodium chicken stock
½ tsp sea salt
½ tsp freshly ground black pepper
¼ tsp bay leaf powder

Pour oil in a pot over medium heat. Add the turkey mince. Stir well until turkey is light brown. Cook for 2–3 minutes. Add the garlic, onions, celery and carrots. Cook for 5 minutes. Add the tomatoes and stock; stir. Bring to a simmer and add spices. Reduce heat to medium, cover, and cook for 1 hour, stirring occasionally.

MACROS PER SERVING

683	66g	17g	44g
CALORIES	PROTEIN	CARBS	FAT

KEEP IT LEAN
Sirloin steak mince works best for this recipe. Ask your local butcher to grind it.

LEAN BEEF MEAT LOAF

SERVES 3

700g lean beef mince
½ medium onion, chopped
1 (170g) can tomato paste (optional, but if used will add moisture)
1 garlic clove, chopped
2 tbsp chopped red capsicum
2 tbsp chopped green capsicum
3 tbsp bread crumbs
1 whole egg or 2 egg whites
1 tsp freshly chopped Italian parsley
¼ tsp black pepper
¼ tsp sea salt
450g potatoes, cut into wedges
½ cup low-sodium chicken stock

Preheat oven to 220°C. Combine all ingredients, except the potatoes and stock, in a large mixing bowl. With clean hands, mix all the ingredients thoroughly. Shape the meat loaf however you like, but keep the thickness at about 7-8cm. Place it onto a baking pan. Place the potato wedges around the meat loaf. Pour the stock over the meat loaf and potatoes. Place in the oven and bake for 30 minutes, or until centre of meat loaf reaches 70°C. Remove from oven. Let stand for 10-20 minutes. Slice and enjoy!

MACROS PER SERVING

484	64g	22g	16g
CALORIES	PROTEIN	CARBS	FAT



GRILLED GINGER SALMON

SERVES 2

- 2 (225g) salmon fillets
- 2 tsp peanut oil
- 2 tbsp chopped garlic
- 1 tbsp chopped ginger, peeled
- 1 tbsp chopped lemongrass
- ½ cup asparagus tips
- ½ cup Brussels sprouts, halved
- ½ cup snow peas
- ½ red capsicum, sliced
- ¼ cup light soy sauce
- 2 tbsp water
- ⅛ tsp sea salt
- ⅛ tsp black pepper

Preheat oven to 220°C. Place salmon fillets on a cooking tray and put in the oven. Cook fillets for 10–12 minutes, or until their internal temperature reaches 60°C. Add peanut oil to a frypan. Heat for 20 seconds. Add garlic, ginger and lemongrass. Stir quickly, then add asparagus, Brussels sprouts, snow peas and capsicum. Cook for 1 minute. Add soy sauce, water, salt and pepper. Cook for 4–5 additional minutes, or until vegies are tender to the touch. Remove salmon from the oven and top with vegetables. M&F

MACROS PER SERVING

424	50g	22g	19g
CALORIES	PROTEIN	CARBS	FAT

ABOUT THE CHEF

A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. *elitelifestyle cuisine.com*

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25 WAYS TO GET RIPPED

GET A BEACH WORTHY BODY WITH THESE TIPS FROM THE FITNESS INDUSTRY'S TOP EXPERTS

BY SEAN HYSON AND MATT TUTHILL

PHOTOGRAPHS BY MICHAEL NEVEUX

Our goal with this article is to give you enough information to get yourself ripped before summer even thinks about starting, no matter what condition you're in now or how little you may know about training and nutrition. It's all here: how to set up a workout program, a diet, exercises you should do, ways to boost your intensity and metabolism, foods you must eat and when to consume them for the best results. We've taken years of science and experimentation, culled from some of the brightest minds in the fitness game, and condensed it all into 25 ways you can get ripped to shreds. Fast.

01 HIT YOUR NUMBERS

Just winging it with your diet will yield results as long as you make healthy food choices, but if you want to look movie-ticket ripped, you need to count calories and macros. "Twenty four calories per kilo of lean body mass is a good starting point," says nutritionist and trainer Nate Miyaki. You can also use the weight you want to be. So if you're a soft 90 kilos and think you would look ripped at 85, start at around 2040 calories per day (24 x 85).

Set your protein at two grams per kilo of your target weight, your carbs at two grams per kilo, and your fat at 0.8 grams per kilo.

02

KEEP GOING HEAVY

"A lot of guys will lower the weight they use when they're trying to lean out," says Derek Poundstone, a two-time Arnold Strongman champ. "But it just robs you of strength." Poundstone keeps going heavy while maintaining training volume, so he does multiple sets of low reps, such as eight sets of three.

03

DO MORE WORKOUTS

Adding a few short, low-intensity sessions to your training week can increase your metabolism and recovery. "The trick is to keep these workouts to only 15 to 20 minutes," says Jim Smith, a strength coach and author of *Diesel Mass*. And be sure to go light. You can even train twice in one day – morning and night. Take these sessions to work on weaknesses.

04 HAVE HEAVY DAYS AND LIGHT DAYS

If you follow a body-part split, have a heavy day when you work in the range of five to eight reps and another day later in the week when you hit the same muscles with 12 to 15 reps. The undulating intensity promotes recovery and prevents injuries and burnout.



05

FLAVOUR YOUR CARBS

Rice and potatoes should be a major part of any diet to build muscle or shred fat. But, as you've noticed, they're bland. "Boil them in low-sodium chicken stock," says Gavan Murphy, owner of the US-based catering company the Healthy Irishman, "and add some freshly grated ginger as well. "It adds a ton of flavour and no time to your meal prep."

06

DO FULL-BODY WORKOUTS

"If you've been doing a body-part split, switch to full-body," says celebrity trainer Ben Bruno. Two good reasons why: full-body workouts work more overall muscle in a session, thereby burning more calories. They also reduce the total volume you can perform for each body part, which means you'll recover better and be able to train the muscles more frequently. "Higher frequency training yields faster gains," Bruno says.

07

BLOW UP YOUR LATS

Want to make your waist look smaller? Make your lats wider. Here's a tip from Chad Waterbury, author of *High Frequency Training 2*: do one set of as many pull-ups as possible in the morning. At night, go back and do another set. Repeat this every other day. "After 30 days, retest your max," Waterbury says. "You can expect an 8- to 10-rep increase."

08

MAKE YOUR OWN SALAD DRESSING

Green vegetables don't count as carbs, and you can eat them with wild abandon without consequences. Here's a recipe for a high-protein honey mustard to dress them up: Whisk together ½ cup low fat Greek yoghurt, 2 tbsp Dijon mustard, ½ tbsp raw honey and 1 tbsp lemon juice. That's 12 grams protein and eight grams carbs.



09

KEEP MOVING

Most of your fat loss will come by way of your diet, but the rest comes from physical activity – and we don't just mean your workouts. Non-exercise physical activity (called NEPA) may account for 20% of your fat loss, according to Miyaki. "Walk or ride a bike to work, walk to do your errands, take a hike on the weekends or enjoy more sexy time with your significant other. This type of informal, low-intensity activity can give you many of the same benefits as traditional cardio without the drawbacks – like joint wear and tear, repetitive strain and impaired recovery from strength training."

10 **STAY IN THE 8-TO-12 RANGE**

No, we're not contradicting what we said earlier, just amending it. Heavy lifting will preserve muscle and strength while dieting, but Bruno says sets of 8 to 12 will do the most to maximise muscle gains while in a caloric deficit. "Moderate rep ranges give you the most bang for your buck."

11 **DO A BACK-OFF SET**

"Increasing metabolic stress during your workout has been shown to increase the potential for greater growth," says Smith. One simple way to jack up the intensity is to perform a high-rep back-off set after your last main set of the workout. Take 50% of the load you used on your heaviest set of your main lift and perform 50 to 100 reps with it. So if you just squatted 140 for five reps, back off to 60 kilos and go for broke. If you can't complete all the reps in one shot, rest-pause your way through the set. "But rest no longer than 20 seconds," Smith says.

12 **ADD "FINISHERS"**

"High-rep kettlebell swings, high-rep barbell squats, push-ups and even plyometrics are great ways to leave you breathing heavy after your workout's done," says strength coach Lee Boyce. "They can also catalyse fat loss by keeping your metabolism up for hours."

13

GET MOBILE

Keeping your heart rate up between sets encourages more calorie burning. Instead of sitting and waiting for your next set, build some mobility training into your workout. Foam rolling, dynamic stretches (leg swings, shoulder rotations, etc), and prehab exercises like face-pulls can all be used between sets to work on weak points, improve flexibility and prepare the body for heavier sets to come later in the workout. "These won't take away from your strength," Bruno says, "but over the course of the workout they'll increase the metabolic demand."



14

DOUBLE YOUR SHAKES

The easiest way to add more calories to your diet in order to gain mass is to start with your post-workout shake. Double your dosage. This allows you to deliver more protein and carbs in a quick fashion that's easy to digest. It won't bloat or fill you like a whole-food meal, so you'll be hungry and able to eat again soon.

15

KEEP CARBS HIGH WHILE CUTTING

You've heard the rhetoric: you have to go low-carb to lose fat. But that's not true. "With adequate carb intake, you get better anaerobic fuel for high-intensity workouts," says Miyaki, author of *The Truth About Carbs*. "You get better muscle retention, and you maintain natural hormone production and metabolic rate." Plus, you don't set yourself up for a post-dieting rebound, eating every carb in sight.

16

EAT RUNNY EGG YOLKS

"Eating slightly undercooked yolks at night can push you further into the rebuilding and leaning-out state while you sleep," says TC Hale, a celebrity trainer and the author of *Kick Your Fat in the Nuts*. Night is when your body naturally prepares to rebuild and recover, so eggs eaten at this time encourage the process – the science is unclear, but it may have to do with the protein not being damaged by heat.

17 EAT KIMCHI

This Korean cabbage mix may be the healthiest condiment. It's packed with prebiotics, which feed the gut bacteria that help you digest food, and also capsaicin, which a 2012 Purdue University meta-analysis found boosted thermogenesis.

18 GO TO FAILURE

Last October, the *Journal of Sports Medicine and Physical Fitness* published a study in which 79 subjects with training experience were divided into three groups. One took sets to self-determined failure, another was goaded to work until the participants couldn't do any more reps, and the third used a rest-pause (five to 20 seconds). The ones who stopped their sets when they wanted had insignificant results. The rest-pause group saw good gains in strength and body composition, but those who went to failure had the best gains.

19 CUT YOUR BLOOD OFF

Science is beginning to confirm what experimental bodybuilders learned years ago: blood-flow restriction training builds muscle. A 2015 review in *Sports Medicine* found that subjects who trained wearing blood-pressure cuffs (you can also use elastic knee wraps) just below their shoulders built muscle effectively while using light loads and reps of 50 to 80 per set. Wrap your limbs snugly but not too tight – about a 7 on a scale of 10.

20

BUY ORGANIC (WHEN IT COUNTS)

"When you buy factory-farm meat and dairy, you wind up ingesting many of the hormones and antibiotics used to raise these animals," says Robert Irvine, author of the new book *Fit Fuel*. "They're less nutrient-dense than their organic counterparts," so go organic for these foods. But foods with a thick peel, such as bananas and avocados, are safe enough as is – so save your money.

21

SPRINT

Want a way to raise your metabolism and get in some cardio that makes you feel like an AFL player? Find a hill, or incline the treadmill, and run up it at about 90% of your top speed. (Leave a little in the tank for safety.) The sprint itself should take five to 10 seconds. "Use the exercises in your workout to determine the number of sprints you perform," Smith says. So if you did six different lifts, perform six sprints, followed by a one-minute jog after each.

22 TAKE DIGESTIVE ENZYMES

If you're eating more to gain muscle, that means more stress on your digestive system. Digestive enzymes can help you break down the extra food and absorb nutrients better. Look for ones that contain protease, amylase, lipase, and lactase.

23

USE GIANT SETS

Giant sets are three or more exercises performed back-to-back. Select two exercises that target weak points and do them after another lift for another body part. "So, for instance, if it's leg day but you're trying to bring up your back and biceps, you could do a set of squats followed immediately by pull-ups and then curls," Smith says.

24

DON'T OVERDO FAT

Even if you're following a low-carb diet and losing weight, you can't eat unlimited fat. Not only will it keep you out of the caloric deficit you need to lose weight (a gram of fat contains nine calories), extra fat in your diet can throw off your ratio of omega-3 to omega-6 fatty acids, and that can damage the heart, skin and other body functions.



25

ADD VEGETABLES

As mentioned earlier, you need to eat more greens. Still can't stand them? Start mixing them into foods you like so they're virtually undetectable but still give you the fibre and nutrients you need. It helps fill you up, too. For example, when sautéing beef mince, grate in some raw zucchini. "Because it's grated, it cooks really quickly," Murphy says. Or stuff the meat into a capsicum after it cooks and bake for 30 minutes.

When you blend up a protein shake, add a cup of spinach. The blender will dice the leaves so small that you won't even taste them. M&F


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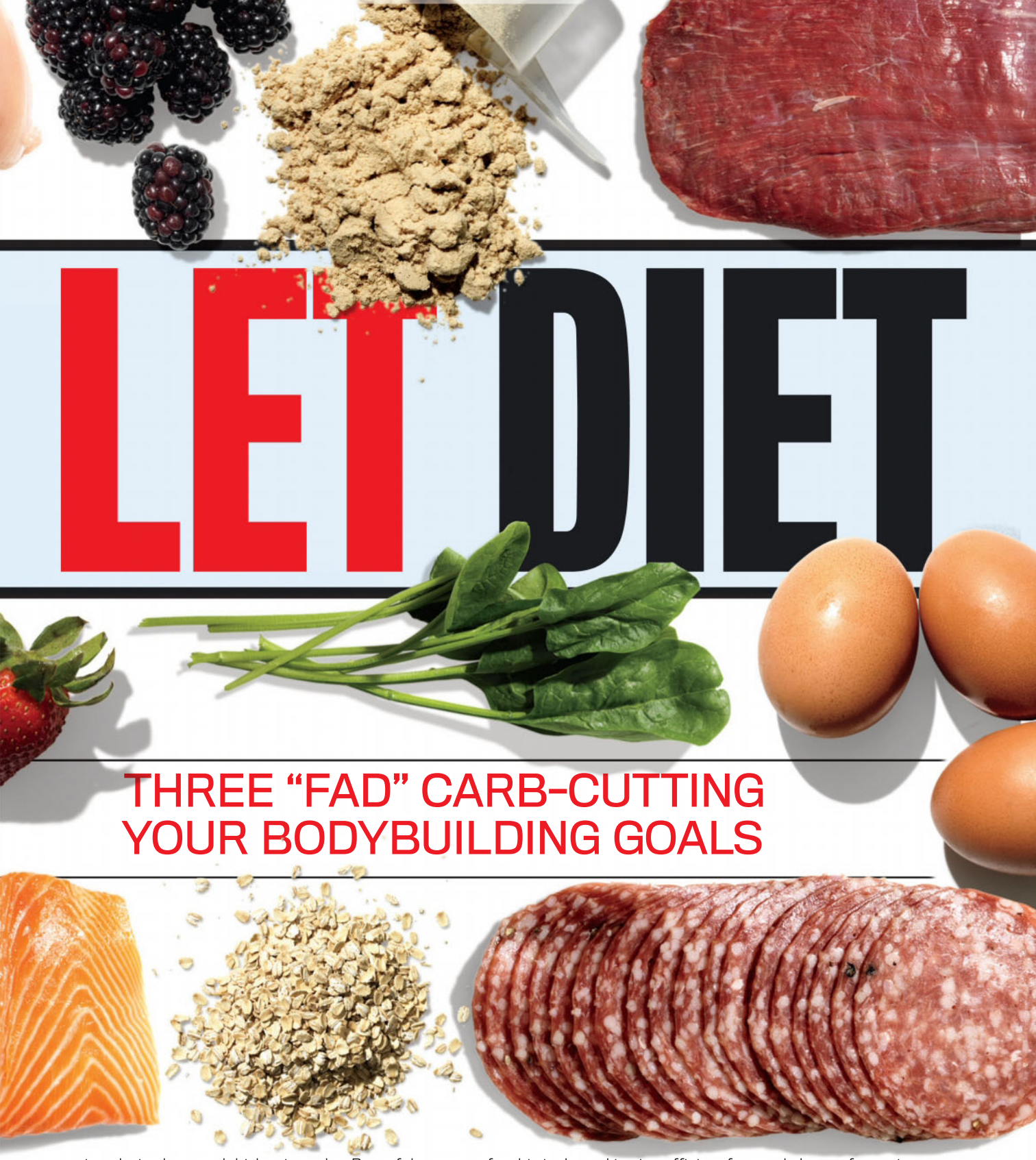
HOW YOU CAN ADAPT EACH OF THESE NUTRITION PHILOSOPHIES TO ACHIEVE



Every bodybuilder knows that one of the best ways to shed body fat is to cut carbs while consuming a diet that's high in protein and essential fats. What you may not know is that there are many different low-carb programs, and they all work a little differently. We'll get into the differences in a minute, but here's what these diets all have in common: they help you reduce body fat quickly while sparing muscle mass.

Cutting carbs helps prevent overspiking insulin, and it also encourages your body to release stored fat that can then be burned as fuel. However, it initially takes body fat much longer to be converted into usable fuel than the carbs you consume. That's why many people feel less energetic when they start training on a low-carb diet.

Science continues to show that low-carb diets are beneficial for burning body fat as compared with diets equal



LET DIET

THREE "FAD" CARB-CUTTING YOUR BODYBUILDING GOALS

in calories but much higher in carbs. Part of the reason for this is that taking in sufficient fats and plenty of protein helps stoke your internal furnace – your metabolic rate, the amount of calories you naturally burn at rest – which encourages additional release of body fat to be used as fuel.

In this article we explain the difference between three different low-carb diets to help you evaluate which low-carb plan you should follow. These include a paleolithic diet, a ketogenic strategy and a carb-rotating plan. We give you the basic tenets of each, and we explain the upsides and drawbacks of each. Some of these diets are somewhat controversial, but that doesn't mean they aren't effective. Some experts take issue with these claims, but what's important is that any of these three programs will help you shed body fat.

THE PALEOLITHIC DIET

PHILOSOPHY

Our ancient ancestors didn't have access to crops, convenience stores or fast-food restaurants. They were limited to consuming the plants and animals they could hunt or gather. This meant that the bulk of their diet consisted of large amounts of meat (when it was available), and otherwise they subsisted on plants – wild berries, certain greens and often bugs (although bugs aren't an emphasised part of the contemporary paleo diet). What was absent from our ancestors' diets were grains, large amounts of sugar and processed starches.

Based on this, proponents of the paleo diet argue that our bodies are genetically adapted to better process the foods we've been eating for aeons rather than those that have been added since the advent of agriculture and modern food processing. Consuming these ancient foods leads to better health, muscle growth and reduced body fat.

HOW TO FOLLOW THE PALEOLITHIC DIET

Many people also include milk-derived protein shakes and insulin-spiking sugars around workouts to boost muscle gains while decreasing body fat

BREAKFAST
Eggs, salmon, fruit

MIDMORNING SNACK
Chicken breast, spinach salad with olive oil

LUNCH
Lamb shank, sweet potato, asparagus

PRE-WORKOUT
Turkey breast, fruit

POST-WORKOUT
Egg whites, fruit

DINNER
Steak, baked potato, vegetables

BEDTIME SNACK
Whole boiled eggs

WHAT YOU SHOULD EAT

Meat, meat and more meat, plus vegetables, fruit, tubers (sweet potatoes and potatoes), seafood, nuts and seeds and oils such as coconut and olive

WHAT YOU SHOULDN'T EAT

Grains, legumes, dairy (especially low-fat milk because of the lactose) and processed foods, particularly sugar and salt (other than sea salt), artificial sweeteners and vegetable oils

CONS

From a bodybuilding perspective, a paleo diet is neither a cutting nor a mass-building plan. It fits in the middle, which is not the best option for those trying to maximise muscle mass or fat reduction.

PROS

This is a good lifestyle nutrition plan that's highly beneficial for bodybuilders who want to stay lean year-round and slowly increase muscle mass. You can eat as many calories as you want, as you'll get in most of these calories through foods high in protein and dietary fats.

WHY YOU SHOULD FOLLOW IT

Consider following the paleo diet if you're trying to decrease body fat while adding muscle mass, but you don't aspire to compete on a bodybuilding stage.



Proponents of the Paleo diet argue that our bodies are adapted to process the foods we've been eating for eons rather than those that have been added since the advent of agriculture.





During the initial stages, it's best to cut even fruits and vegetables to make sure your carb intake is minimal and you reach ketosis as quickly as possible.

THE KETOGENIC DIET



PHILOSOPHY

When you cut carbs out of your diet, your body must find an alternative source of energy. The body turns first to muscle tissue, breaking it down to fuel activity. However, if you take in an adequate amount of protein, this will help protect your muscle tissue and encourage your body to use stored body fat instead.

The ketogenic diet is a way to trick your body into thinking it's in starvation mode while you're still consuming enough calories from protein and fat to provide satiety and protect your muscle mass from being used as fuel. The ketogenic diet is very similar to the Atkins diet, with perhaps the biggest difference being that on Atkins you don't pee on ketone strips to determine if you're in ketosis. This is the condition in which your body is releasing stored fat to fuel activity, and ketone bodies are present in your urine, providing a measurable indication that you are in this state.

HOW TO FOLLOW THE KETOGENIC DIET

You can include plenty of non-carb dairy, but you need to cut out milk for its lactose. Also, take in low-carb protein shakes throughout the day.

BREAKFAST
Bacon, eggs

MIDMORNING SNACK
Cheddar cheese, no-carb deli meat

LUNCH
Salmon, avocado (or chicken and mayo)

PRE-WORKOUT
Whey protein, creatine, BCAAs, glutamine

POST-WORKOUT
Whey protein, creatine, BCAAs, glutamine

DINNER
Flank steak, spinach with olive oil

BEDTIME SNACK
Boiled eggs, turkey breast (or casein protein)

WHAT YOU SHOULD EAT

Meat, cheese, oils, fish, eggs, very low-carb protein products

WHAT YOU SHOULDN'T EAT

Processed foods, sugars, grains and even vegetables and fruits

CONS

You can't eat carbs and stay in ketosis, making this a fairly restrictive diet. During the initial stages, it's best to cut even fruits and vegetables to make sure your carb intake is minimal and you reach ketosis as quickly as possible. And you have to pee on ketone strips to check your urine for ketones. Often people develop an odd breath odour when they enter ketosis.

PROS

You can consume your regular amount of calories (or slightly fewer), so you're not likely to suffer from hunger. Add fibrous vegetables (broccoli, spinach, other greens) once you reach ketosis. Recently, some endurance athletes have started following a ketogenic diet program, reporting that it allows them to perform extreme events without "bonking" because they have a ready supply of body fat and their bodies are no longer dependent on carbs to fuel activity. This may translate to bodybuilders training with intensity to prepare for a contest.

WHY YOU SHOULD FOLLOW IT

The ketogenic diet is among the fastest fat-loss diets available, because you can eat just about as much as you want throughout the day so long as you stick to the foods on the program. Some professional bodybuilders use ketosis as their gauge to determine the success of their diet.

THE CARB-ROTATING DIET



PHILOSOPHY

Carbs have many different effects on the body. When you consume very few of them, you begin to burn body fat. But your metabolic rate – the number of calories your body burns every day – also begins to decrease. However, drastically changing up the amount of carbs you take in on a daily basis helps rev up your metabolic rate.

Rotating the amount of carbs you consume from day to day will help you feel better over the long haul, and it will allow you to burn more body fat than consuming a low-carb diet in which you don't include high-carb days.

WHAT YOU SHOULD EAT

Virtually every food on a standard bodybuilding diet, depending on the day of the week. This includes high-protein foods: meat, eggs, protein shakes, cheese and vegetables and fruit. And even high-carb foods, such as low-fat sugary treats on specific days.

WHAT YOU SHOULDN'T EAT

Foods high in both fats and carbohydrates. This plan allows you to consume foods that are high in carb content or fats but not both at the same time.

CONS

Many bodybuilders follow the same meal plan every day. Carb rotating forces you to change your plan based on the day of the week.

PROS

The high-carb days help your muscles get full while you're also reducing body fat.

WHY YOU SHOULD FOLLOW IT

This is one of the best plans for maintaining muscle mass while burning body fat. M&F

HOW TO FOLLOW THE CARB-ROTATING DIET

Instead of having a daily plan, it's crucial to understand how many carbs you should consume each day of the week, because your diet varies significantly from day to day. Good sources of slow-burning carbs are sweet potato, brown rice, oatmeal and wholegrain breads. Fast-burning carbs come from sugar, honey and low-fat processed breads. You can even consume desserts such as angel-food cake on some days so long as they are extremely low in fats. The following plan is based on a bodybuilder who typically eats about 300 grams of carbs per day for off-season body-weight maintenance. You may need to adjust these numbers up or down depending on your body weight, metabolic rate and typical carbs/calorie intake when you're not dieting.

MONDAY 150g from slow-burning carbs in the morning, and fast-burning carbs around your workouts. Divide these into nearly equal servings. Other than vegetables, avoid carbs with your dinner and late-night snack.

TUESDAY Same as Monday.

WEDNESDAY Same as Monday.

THURSDAY 400–500g of carbs, getting in plenty of carbs throughout the day. Cut dietary fats very low on high-carb days.

FRIDAY Same as Monday.

SATURDAY Same as Monday.

SUNDAY 300g of carbs. Emphasise one large "cheat" meal rather than consuming carbs throughout the day. A low-fat pasta meal is a good example for this day.

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0715

THE ULTIMATE FAST-FOOD SURVIVAL GUIDE

We left no stone unturned in our search for the 17 best pre- and post-workout meals from fast-food joints and chain restaurants across the country. Read on and fuel up – wherever you are.

BY ADAM BIBLE PHOTOGRAPHS BY KEVIN VAN AELST

THE PAGES OF *Muscle & Fitness* are always packed full of monster training tips, superclean eating advice and delicious recipes that are loaded with nutrient-dense ingredients – in a perfect world, all guidelines, tricks and information that'll keep your muscles pumped and your waist trim. Unfortunately, the reality is that getting (and staying) ripped requires a huge commitment of time and resources that we don't always have at our disposal. Our world is filled with distractions that pull us away from clean eating, consistent workouts and on-point discipline.

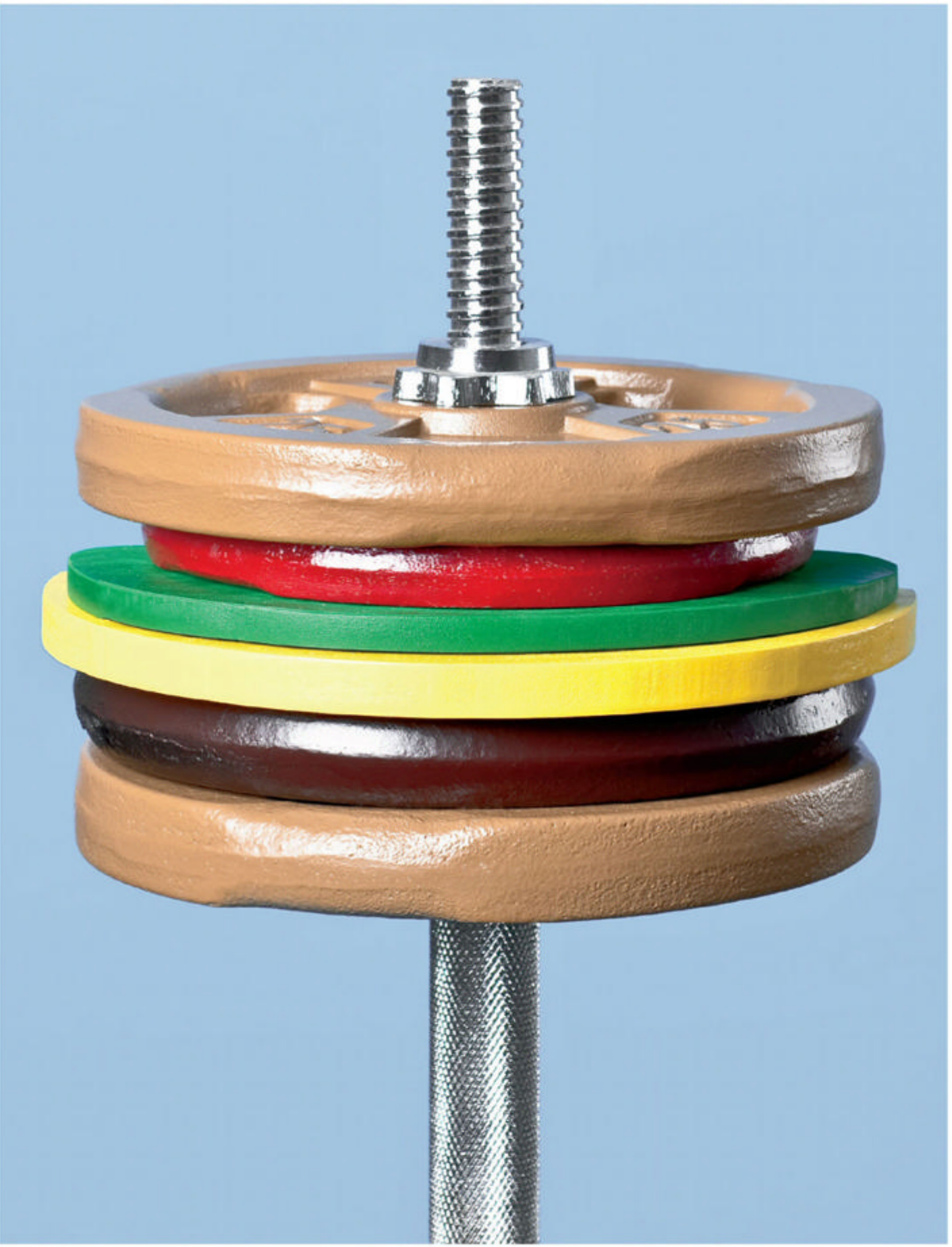
We understand that as well as anyone, and we like to take a step back every now and then to explore how to keep your diet and training goals in line with the fast-food options that are out there and tempting us every single day.

Every corner and shopping mall in Australia is loaded with fast-food joints pulsing out cravings that call to us, a siren song of slop that can sometimes cause even the most disciplined guy to break down and stop for a convenient – and greasy – snack. And it's usually not even that we can't control the yearnings for fast-food fare, as once you commit to a diet of whole, clean and fresh foods, the hankerings for fatty ones quickly dissipates.

It's really more about the ease of a drive-thru or quick stop in a culture that demands more and more of our time. So we consulted with nutritionists and dietitians and scoured lists upon lists of nutrition info on countless websites to come up with a guide to getting the most out of fast-food joints. This year we found the 17 best options for picking up quick pre- and post-workout meals that can provide you with the macros you need to stay on target. Eating well on the go is possible if you know what you're looking for.

"Good options for both meals will include a combination of healthy carbohydrates, lean protein, and a bit of healthy fats," says dietitian and sports nutritionist Heather Mangieri.

> "Food prep requires time that we don't always have at our disposal"





Fill the tank

WHEN FUELING for a workout, start with a balanced meal that includes high-quality carbohydrates and lean protein with a ratio of carbs to protein somewhere between 2-to-1 and 1-to-1, with carbs being the main focus. "Pre-workout meals should include a combination of healthy carbohydrates, such as fruits, vegetables and whole grains, and a serving of lean protein, such as low-fat dairy, eggs, chicken or fish," Mangieri says. You need a meal that is going to give you sustained energy to keep you going through a workout but that will also reduce hunger pangs. "You'll also want to steer clear of foods that can cause gastrointestinal distress such as fatty foods, along with refined carbohydrates that can cause your blood sugar to bottom out during your workout," says dietitian Tanya Zuckerbrot, creator of *The F-Factor Diet.* "An ideal snack consists of complex carbohydrates – your muscle's main energy source – plus a little protein for sustained energy."

If you're going to eat a larger meal, make sure you consume it three to four hours before working out and stick with 45 to 60 grams of carbohydrates and 30 to 40 grams of protein. "Those trying to squeeze their workout into a hectic day can get away with a smaller meal of 30 to 45 grams of carbs and 20 to 30 grams of protein 60 to 90 minutes before hitting the gym," says dietitian Jessica Cording, owner of *jessicacordingnutrition.com.*

Pre-workout meals

Here you'll find a range of options that offer a moderate amount of carbs, protein, and healthy fats – whether you want a whole meal or a light snack (or just a shot of caffeine). No matter what kind of diet you're on, you can't derail it with one of these nine pre-workout options.

GUZMAN Y GOMEZ
Spicy Chicken Guerrero Mini Burrito



468 CALORIES	25g PROTEIN	46g CARBS	18g FAT

OPORTO
Single Fillet Bondi Burger



381 CALORIES	21g PROTEIN	31g CARBS	18g FAT

KFC
Original Recipe Burger



389 CALORIES	26.7g PROTEIN	44g CARBS	13g FAT

McDONALD'S
Grilled Chicken Snack Wrap



224 CALORIES	13.5g PROTEIN	22.5g CARBS	8.5g FAT

HUNGRY JACK'S
Whopper Junior Burger



348 CALORIES	15g PROTEIN	29g CARBS	18g FAT

STARBUCKS
Grande Caffe Latte with Non-Fat Milk



168 CALORIES	16g PROTEIN	25g CARBS	0.5g FAT

SUBWAY
6-inch Turkey Sub on Wheat Bread with Salad, No Dressing



256 CALORIES	14g PROTEIN	38g CARBS	4.5g FAT

STARBUCKS
Ham & Swiss Panini



340 CALORIES	23g PROTEIN	42g CARBS	10g FAT

PIZZA HUT
Veggie Delight, Perfect Base (1 slice)



177 CALORIES	9g PROTEIN	22g CARBS	5.5g FAT

Replenish the reserves

AN INTENSE WORKOUT will deplete the body of glycogen – the readily available fuel stored in your liver and muscles – so it's important to build those stores back up by eating enough carbs after training. "A meal that contains fibre-rich vegetables will fill you up on relatively few calories, while replenishing glycogen," Zuckerbrot says.

Eating protein as part of that meal will also help jump-start muscle tissue repair. "Ideally, a recovery meal should be consumed within two hours post-workout. A 3-to-1 ratio of carbs-to-protein can help maximise protein uptake and glycogen repletion," Cording says.

If you're not planning a second workout for the day, it's not critical to get a meal in right away.

"Recovery nutrition is often overemphasised," Mangieri says. "It is not necessary to hurry up and get the muscles replenished immediately."

Perhaps more important, never forget to keep your water bottle full while you train and afterward: "Drinking enough water during and post-workout is important because dehydration can mimic hunger and lead to overeating," Zuckerbrot says.



Stealthy fast-food fatteners

They sound innocuous, but don't let a tame name fool you. These four nutritional nightmares will wreck your diet in a hurry.

OPORTO
Veggie Burger



629 CALORIES	16g PROTEIN
58.5g CARBS	33.5g FAT

RED ROOSTER
Rippa Classic Sub



820 CALORIES	24g PROTEIN
80g CARBS	43.5g FAT

SUBWAY
12-inch Chicken & Bacon Ranch Melt



860 CALORIES	63g PROTEIN
76g CARBS	34.5g FAT

MCDONALD'S
Quarter Pounder



545 CALORIES	33.5g PROTEIN
33.5g CARBS	30g FAT



Post-workout meals

You have a little more dietary leeway in the post-workout window than you do at other times of the day. When your muscles are exhausted – and depleted of glycogen – they can more readily absorb the carbs you ingest. In the post-workout window, carbs are more likely to be converted to glycogen than they are to become fat. Hence, several bread and rice options.If you're trying to lean out, stick to the cleaner options. M&F

SUMO SALAD
Falafel and Hummus Wrap

579 CALORIES	21g PROTEIN	62g CARBS	21g FAT

GUZMAN Y GOMEZ
Beef Guerrero Burrito with rice, black beans, salsa, cheese and filling

562 CALORIES	39g PROTEIN	52g CARBS	20g FAT

McDONALD'S
Bacon & Egg McMuffin

296 CALORIES	16.5g PROTEIN	26g CARBS	14g FAT

NANDO'S Classic Chicken Pita with Light Mayo

326 CALORIES	30g PROTEIN	37g CARBS	6g FAT

THR1VE
Grass-fed beef Burger Bowl with Sweet Potato Bake, Egg and Greens

556 CALORIES	33.5g PROTEIN	21g CARBS	36g FAT

SUBWAY Ham, Egg & Cheese Breakfast Sandwich

344 CALORIES	20g PROTEIN	37g CARBS	11g FAT

HUNGRY JACK'S
Grilled Chicken Classic Burger

368 CALORIES	19g PROTEIN	27g CARBS	20g FAT

SUBWAY
Chicken Strip Salad (no dressing)

122 CALORIES	17g PROTEIN	7g CARBS	3g FAT

The worst of the worst

From a burger with 95 grams of fat to a shake with a day's worth of calories, these diet bombs are from – where else? – the United States.

HARDEE'S/ CARL'S JR
Monster Thickburger



1330 CALORIES	58g PROTEIN	51g CARBS	95g FAT

BURGER KING
Triple Whopper Sandwich



1160 CALORIES	49g PROTEIN	50g CARBS	75g FAT



CINNABON
Caramel Pecanbon

1080 CALORIES	14g PROTEIN	146g CARBS	51g FAT

SONIC
SuperSonic Bacon Double



1240 CALORIES	67g PROTEIN	44g CARBS	87g FAT

SONIC
Large Peanut Butter Fudge Master Shake



1940 CALORIES	30g PROTEIN	193g CARBS	122g FAT

QUIZNOS
Large Italian Meatball Sub



1530 CALORIES	86g PROTEIN	122g CARBS	81g FAT

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BY JOE WUEBBEN PHOTOGRAPHS BY PER BERNAL



MEDICINE BALL RUSSIAN TWIST

Any well-rounded ab/core workout should include at least one rotational (twisting) movement. Don't go too fast on this exercise; move the weight side to side continuously while keeping the motion under control and your core stable throughout.

TECHNICALLY, YOU don't need equipment to train abs. Your own body weight and some floor space are all it should take. But that can get old after a while. Not to mention, there are various pieces of gym equipment that are great for making your abs work just a bit harder for new gains in strength, shape and overall core stability. A few of our favourites: a decline bench, a medicine ball and a Roman chair. These three in particular have been around since the Arnold, Zane and Draper days, and for good reason.

The following workout isn't one you'll be able to do during ad breaks of your favourite TV show. But we're pretty sure it will be more effective than a typical living room ab session. Perform this four-exercise, circuit-style routine two to three days per week, either on its own, after training larger muscle groups or before or after a cardio session. Combine it with some HIIT and a clean diet (no equipment required) and your abs will be popping in no time.



DECLINE BENCH SIT-UP

Keep your hands behind your head throughout the set. If this is too difficult for 20 reps, cross your arms in front of your chest (the beginner version). If it's too easy, hold a lightweight plate either in front of your chest or at the top of your head (advanced version).

REVERSE CRUNCH

Focus on crunching your pelvis up and in toward your rib cage. This will maximise the contraction in the abs, specifically the lower portion, even though the range of motion is short.





THE WORKOUT
ABDOMINALS

DIRECTIONS: perform the following four exercises as a circuit, doing one set of each with as little rest as possible between moves. Rest 1–2 minutes between each circuit. M&F

EXERCISE	SETS	REPS
Decline bench sit-up	4	20
Reverse crunch	4	15
Medicine ball Russian twist	4	15 per side
Hanging leg raise hold	4	30 sec

HANGING LEG RAISE HOLD

Start out with a 30-second isometric hold per set with your legs roughly parallel with the floor. As your muscular endurance improves, gradually increase that to 45, then 60 seconds. For a more advanced version, bring your legs past parallel and hold. Just make sure that most of the tension is on your abs, not just your hip flexors.

SUPPS

THIS MONTH IN SUPPLEMENT NEWS

Bare necessities

The basic supps you need for cutting season – without breaking the bank

BY COURTNEY ANAYA

EVERY GUY HAS learned (probably the hard way) that it's easier to lose muscle than it is to lose fat. That's why as you begin to cut, you want to zero in on the cheap supps that help you keep your hard-won gains. Here are three that will do just that:

1) GLUTAMINE: crucial for maintaining muscle mass and can offset fat storage.

2) ARGININE: as the precursor to nitric oxide, arginine helps you stay pumped – and can even prevent some fat storage.

3) CARNITINE: an amino that moves triglycerides into the mitochondria of your cells.



DEVON JARVIS

Hardcore revolution

MuscleTech designed Hydroxycut Hardcore Next Gen to maximise fat burning and preserve lean muscle. BY ADAM GONZALEZ



GO HARDER The ingredients in Hydroxycut Hardcore Next Gen will increase energy to improve performance in the gym

HYDROXYCUT HARDCORE NEXT GEN

uses the latest research to redesign what was already one of the most popular fat burners of all time. Unlike some dubious supplement manufacturers, MuscleTech reveals the dosage of each ingredient in its products, rather than list a murky proprietary blend. After all, you're entitled to know exactly what you're getting. While the product contains many potent fat burners, *M&F* has called out three to highlight.

GREEN COFFEE-BEAN EXTRACT

Hydroxycut Hardcore Next Gen contains green coffee-bean extract (*Coffea canephora robusta*), which is a proven fat burner. One study showed that subjects supplementing with this ingredient lost almost 5 kilos in 60 days. Research also shows that green coffee-bean extract boosts fat metabolism in your liver due to a chemical it contains called chlorogenic acid. In addition, it also helps prevent the absorption of dietary fats, helping to stop the accumulation of body fat. Hydroxycut Hardcore Next Gen contains an optimal dosage of 400mg of green coffee-bean extract blend per two-capsule serving.

CAFFEINE ANHYDROUS

The stimulant – the dry form of caffeine, which has been shown to be more effective for fat loss and strength gains compared with coffee and tea – helps improve energy and pull fat from storage. Each two-capsule dose contains 290mg of caffeine anhydrous.

SAM ROBLES

Caffeine provides many advantages for hard-training individuals who are trying to control or reduce body fat. Among these, caffeine:

1) ENCOURAGES YOUR BODY to release stored fat that it can then use for energy while training.

2) BOOSTS YOUR METABOLISM so you burn more calories throughout the day.

3) IMPROVES THE AMOUNT you're able to lift because it helps reduce perceived pain (and exhaustion).

4) HELPS SUPPRESS appetite while enhancing mood.

COLEUS FORSKOHLII

This herb, used in traditional medicine – and also known as forskolin—can boost testosterone, release stored fat, and increase metabolic rate. This powerful fat burner, by either name, stimulates your brain to increase the neurotransmitters epinephrine and norepinephrine. These brain chemicals then encourage your body to release stored fat. In addition, the release of these hormones also helps increase your metabolic rate, or the amount of calories your body naturally burns each day. The latter is a crucial but little understood element of successful body-fat reduction. Each dose of Hydroxycut Hardcore Next Gen contains an efficacious 100mg.

DOSE YOURSELF

Because individual tolerance for different compounds varies, MuscleTech recommends the following dosing, which you can adapt to your needs. Here's a schedule that you should consider:

- Take one capsule on the first two days.
- Take two capsules as one dose on Days 3 and 4.
- Take two capsules with your first dose and one capsule with a later dose on Days 5 and 6.
- Take two capsules with both your first and second doses on Days 7 and beyond.

For best results, take each dose 30 to 60 minutes before your two largest meals of the day.



MORE REVELATIONS

These additional active ingredients will boost energy levels during workouts, helping you burn off that last layer of body fat to reveal all the gains you've made in the gym.

SUPPLEMENT	AKA	AMOUNT (MG)
Blue skullcap extract	*Scutellaria lateriflora* (root)	75
Yohimbe extract	*Pausinystalia yohimbe* (bark)	40
Ophiopogon extract	*Ophiopogon japonicus* (root)	25
Guayusa	*Ilex guayusa* (leaf)	20

THE NEXT GEN IS HERE One of the most widely used fat burners of all time has finally gotten its long-awaited sequel. Learn more at *muscletech.com*.

DOUBLE UP

Three fat-burning supplements that help you gain mass

CAFFEINE

University of Nebraska-Lincoln, US, researchers reported that weight-trained men who took a supplement containing about 200mg caffeine before working out increased their one rep max (1RM) on the bench press by about 2.5 kilos. An earlier study also found that caffeine increased subjects' 8RM.

DOSE: Take about 200-400 mg of caffeine 30-60 minutes before workouts.

CARNITINE

University of Connecticut, US, have released several studies showing that subjects taking carnitine not only recovered better from weight training, but also had higher levels of androgen receptors in their muscle cells. Since these receptors are what testosterone binds to in order to instigate muscle growth, the more of these receptors, the greater your growth potential.

DOSE: Take 1.5-3 grams of carnitine with breakfast, before workouts, immediately after workouts and with your bedtime snack.

CLA

CLA spares your muscle tissue by using fat for fuel and not breaking down muscle protein for fuel. Because your body is constantly breaking down muscle protein for fuel and then building it back up when you eat, having less muscle protein breakdown actually leads to more muscle growth. In fact, several recent studies confirm that CLA leads to greater fat loss and muscle gain in subjects as compared to a placebo.

DOSE: Take 2 grams of CLA with breakfast, lunch and dinner.



GOLD STANDARD PRE-WORKOUT

GLANBIA

ON's new Gold Standard Pre-Workout unleashes amplified energy and focus and supports enhanced endurance to help you reach the pinnacle of your game, crush your next set, get that last rep and achieve some true gains. Whatever your goals, accomplish them all with the pre-workout from the most trusted brand in sports nutrition. Each serving delivers 175 mg of caffeine from natural sources.
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GLANBIA

Pack in powerfully pure protein without packing on carbs. Our 100% whey protein isolate amp you up without any unwanted weight. Just pick Zero Carb or Low-Carb (which also has ZERO sugar), both with 50 grams of protein. It's 100% whey protein isolate loaded with nutrients – without gluten, lactose or any impurities. Made with our complete microfiltration process to be the only completely clear milk protein when dissolved in water.
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If you demand the fastest possible absorption from your protein or you're sensitive to dairy, Hyper Hydrolyse is for you. Fifteen minutes after ingestion, up to 60% is absorbed and within 90 minutes, over 90% will have been hydrolysed. But the best part is the unique enzyme which breaks down amino acid chains rapidly once liquid is added.
bulknutrients.com.au/hyperhydrolyse



CARNITINE

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Carnitine is an amino acid that supports the utilisation of fat as an energy source. It transports long- chain fatty acids into the mitochondria so that they can be burned to produce energy. Benefits: support the production of fat into energy. Enhances performance during training sessions. May boost metabolism. Nutrition: 500mg of Levocarnatine per capsule.
chemistwarehouse.com.au



TRIBU-TEST

CHEMIST WAREHOUSE, DISCOUNT VITAMIN WAREHOUSE AND MY CHEMIST

Tribu-Test is a high potency herbal tonic to invigorate physical performance in cases of physical stress. It supports mental capacity and the promotion of normal glucose levels in healthy individuals. Benefits: helps support physical performance. Fortifying in times of fatigue. May assist stamina and endurance. Balances hormones level. Nutrition: 10g Tribulus Terrestris per capsule
chemistwarehouse.com.au

TEXAS RISING premiered in the US on May 25 on the History Channel.

The gun show

JOHNATHON SCHAECH relied on suspension training to stay fit while filming the historical miniseries *Texas Rising*

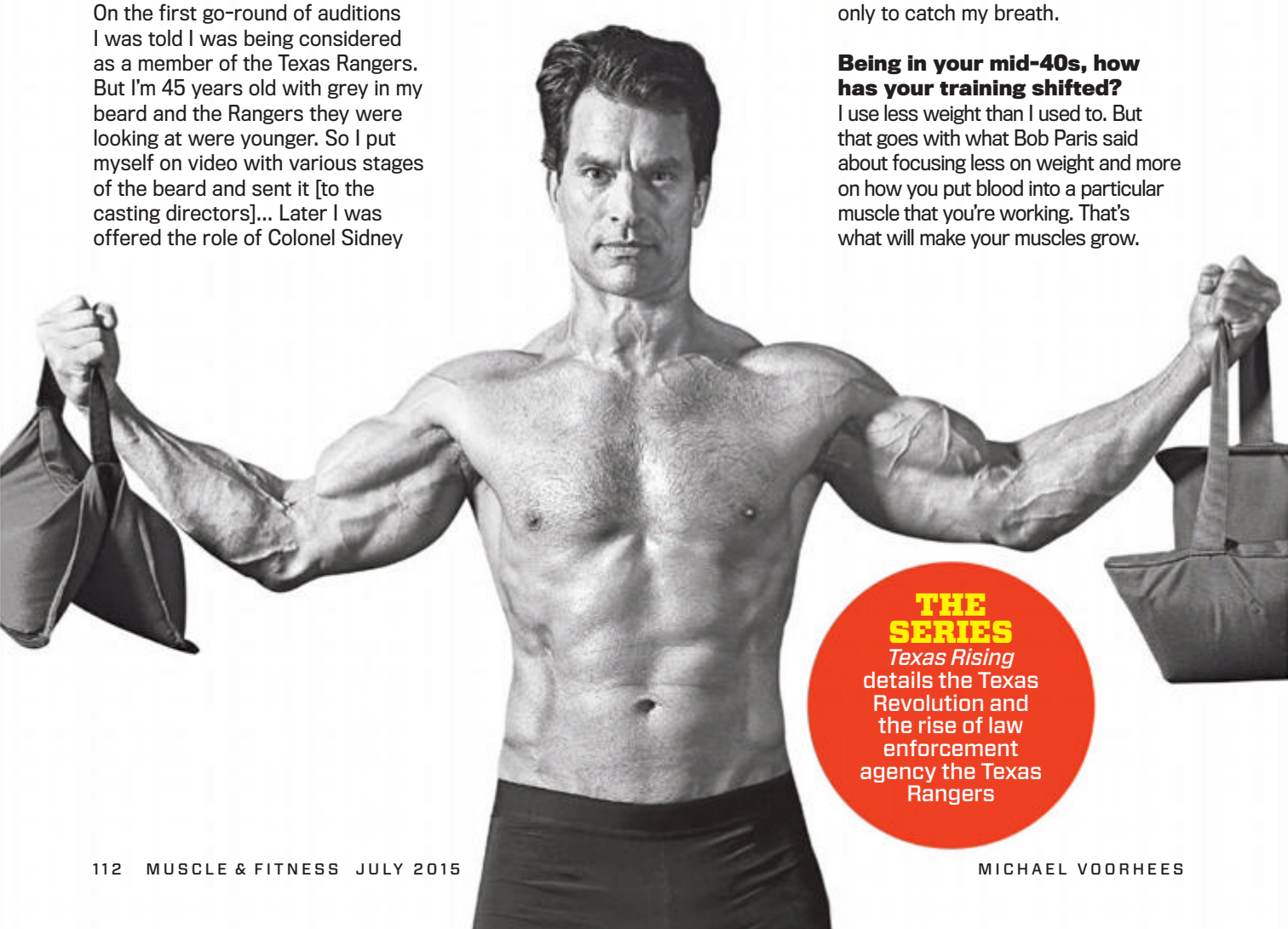
***M&F:* Was wearing an old-time military uniform while shooting in the desert as much fun as we imagine?**
JS: We filmed in Durango, Mexico, where a lot of John Wayne's films were shot – and that's the only good part about the place. It was hell to get in and out of. Sometimes we'd travel two or three hours to get to a location. It wasn't all giggles... And the sun would kick your ass.

Did you have a role in mind when you auditioned?
On the first go-round of auditions I was told I was being considered as a member of the Texas Rangers. But I'm 45 years old with grey in my beard and the Rangers they were looking at were younger. So I put myself on video with various stages of the beard and sent it [to the casting directors]... Later I was offered the role of Colonel Sidney Sherman – a clean-shaven Kentucky military man. Out of all of the characters who fought in the Texas Revolution, the person I played made shaving a daily part of his discipline.

So you had to kill the beard?
I didn't get to keep my beard for *Texas Rising* and didn't get to show my abs in the movie *The Legend of Hercules*. There was even a sequence during which I took on Hercules [Kellan Lutz] in a final battle, and I had to keep my armour on. I suggested ways the armor could come off – like, maybe a bolt of energy hits me and off it goes?

Being in the middle of nowhere filming *Texas Rising*, how did you train?
The stuff we found [to work out with] was from 25 years ago, and cables had snapped on some of the equipment. The TRX was my saving grace. I'd do the TRX *Texas Rising* Workout, which was a full-body circuit that consisted of one set per body part, 20 reps per exercise. I'd do it three times through, stopping only to catch my breath.

Being in your mid-40s, how has your training shifted?
I use less weight than I used to. But that goes with what Bob Paris said about focusing less on weight and more on how you put blood into a particular muscle that you're working. That's what will make your muscles grow.



THE SERIES
Texas Rising details the Texas Revolution and the rise of law enforcement agency the Texas Rangers

MICHAEL VOORHEES



RULER OF THE GYM Ron King has a unique training style that works perfectly for him

King and I

RON KING doesn't train with textbook form, but the textbooks weren't written for all of us.

BY SHAWN PERINE

ON A RECENT Saturday morning, *M&F* Training Director Sean Hyson and I were working out at Gold's Gym in California, when I pointed out my friend Ron King, who was benching on a Smith machine. Ron, has previously featured in our Over-40 column. At 58, he fits safely within the category and probably has the best physique of anyone we've ever featured on that page. Standing maybe 170cm, he can't weigh more than 79-80kg, but every square centimetre of his frame is sheathed in perfectly hewn muscle. I'd consider my mission accomplished if I looked like Ron.

"What's he doing?" Sean asked. What was he doing, indeed? Based on a quick glance, it was Smith machine bench presses, but labelling the exercise a press would have been a misnomer. It was more a series of quick, choppy bounces off his chest. Even a novice trainer would label what he was doing as poor form. I turned to Sean, whose expression was a mix of shock and disbelief. "I know," I responded. I'd seen Ron train this way for the seven years I'd been coming to Gold's.

Ron's form is similar for every exercise. His pull-ups are short, ballistic thrusts. His dumbbell curls are wild, swinging affairs. In fact, in all the years I've known Ron I've never seen him do a single exercise with what could be considered textbook form. Yet his results are undeniable – the guy looks to be carved from marble.

Does that mean I believe you should train like Ron? No. The form the experts recommend is time-tested to be safe and effective. But I do believe that everyone is built differently and that muscles respond to a wide range of stimuli. The lesson to be learned from Ron King isn't that we should all train like Ron King but that we should each find a training style that best suits us.

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Glutamine is a valuable and abundant amino acid found in muscle tissue. During intense and strenuous exercise it is easily depleted. Glutamine helps with protein synthesis in the body and supplementing it post intense training and assists with muscle repair. Glutamine supports immunity and digestive health after periods of physical stress.

CREATINE

A micronised form of creatine is a broken down formula, which gets absorbed faster in the body for faster muscle recovery. In addition, Creatine supports strength, endurance and energy production during training sessions.

TRIBU-TEST

Tribu-Test is a high potency herbal tonic to invigorate physical performance in cases of physical stress. It supports mental capacity and the promotion of normal glucose levels in healthy individuals.

CARNITINE

Carnitine is an amino acid that supports the utilisation of fat as an energy source. It transports long- chain fatty acids into the mitochondria so that they can be burned to produce energy.



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